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Food, Page 1C

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VOLUME 21, NUMBER 37

WEDNESDAY, MAY 7, 1997

FIFTY CENTS



Bob Shipley stands in front of the Granite City Township Hall.

Some big shoes to fill

Apolitical Bob Shipley succeeds Hagnauers

By Bob Slaten
Staff writer

Four years ago, Bob Shipley had no political aspirations.

Shipley had been active in park district affairs, he said. He now sits on the board at Holy Family School, where his children attend classes. But he never even dreamed of running for a citywide office.

Shipley, 40, was sworn in as Granite City Township Supervisor last week. He was elected to the position April 1 and succeeds long-time supervisor Nellie Hagnauer, who died last year, and his widow Bernie Hagnauer, who assumed the position upon Nellie's death.

'Once you get involved, you see there are some places you can do some good; where you can help people out.'

— Bob Shipley

'I really didn't have any political aspirations at all,' Shipley said of the time prior to 1993, when Mayor Ron Selph asked him to fill the aldermanic vacancy created by

(See SHIPLEY, Page 8A)

Hepatitis outbreak waning

The recent outbreak of hepatitis A is on the wane, but a health official said a third wave of the disease may occur.

The numbers are still tapering off, but these things occur in waves, he said. Dr. John R. Cook, personal services manager for the Madison County Department of Health, "I would expect to see five or six cases in the month of May."

The outbreak first was identified in early March among members of the Bethalto Boys and Girls Club wrestling team.

It is believed team members shared food or drinks sometime during March and the disease was passed on to several of them.

In March, 18 cases were identified in Madison County and two in Macoupin County. Another 18 cases were reported in the area last month as part of a second wave.

(See HEPATITIS, Page 8A)

In the Journal

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Sports.....	1B	Horoscope.....	5B
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5 FULLER'S FORECAST

John Fuller, Meteorologist, KSDK-TV Channel 5

WEDNESDAY	75°	57°
THURSDAY	73°	52°
FRIDAY	69°	48°
SATURDAY	70°	43°

Subscription envelopes double as contest entries

The envelope, please. That was the message from readers about the Journal's semiannual Sweepstakes contest. There will be an envelope tucked inside today's edition of the newspaper.

The envelope is more than a convenient way to send in a voluntary subscription. It also becomes an entry in the Journal's Spring Fling Sweepstakes, a six-week contest in which readers are eligible for hundreds of prizes including a \$5,000 spending spree at Ventana's Big-Sale. To enter, buy one of 10 one-year video packages from Blockbuster Videos, or one of 25 sets of four tickets to see a St. Louis Cardinals game.

In addition, 100 winners are selected each week to receive a Journal window shade, a Journal coffee mug or buy-one-get-one-free coupons for St. Louis Cardinals tickets.

The Spring Fling Sweepstakes is in conjunction with the Journal's voluntary subscription drive. Readers can become voluntary subscribers by using the envelope and sending \$19.50 for a one-year subscription, or \$10 for a six-month period. Proceeds from the voluntary subscriptions are used to offset a part of the cost of delivering local news, features and sports.

Readers are encouraged to use the comments section on the envelope to make comments about the newspaper. Journal (See ENVELOPE, Page 9A)

No to suicide

Observance focuses on prevention of suicide

By Ron Wisdom
Staff writer

Suicide is usually the fastest growing form of people's mind, but when emotion or physical pain is severe and continuous, it can begin to look like the only solution.

May 4 through 10 has been set aside as Suicide Prevention Week.

Although Illinois' suicide rate is low, 46th in the nation, suicide is the eighth leading cause of death in the United States, one occurring every 17 minutes.

Gary Ulery, coordinator of the suicide prevention program at Edgemont, said that every day, every hour, Americans suffering from despair die by taking their own lives.

Suicide takes the lives of more than 30,000 men, women and children each year, he said.

"Nobody wants to die and they don't have to," Ulery said.

According to the American Association of Suicidology in Washington, D.C., suicide is the second leading cause of death for adolescents ages 15-19. Suicide ranks as the third leading cause of death for all young people behind only accidents and homicide.

Over the past 35 years, the suicide rate among youths has tripled and Ulery said that is based on a number of things. "First, all there are a lot more kids than there used to be and second, is that more suicides are being reported now than in the past," he said. (See SUICIDE, Page 9A)

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SCMP

NEWS



Holding samples of food items are, from left: Gene Hudson, Tri-City Chapter chair for the Greater Madison County Federation of Labor; John Caudron, vice president of the Granite City chapter of the National Association of Letter Carriers; Bill Jakich, labor liaison with the Tri-Cities Area United Way; Madison Postmaster Carolyn Wilson; Granite City Post Office Officer in Charge John Sertich, standing; and Mike Eliff, president of the Granite City chapter of the National Association of Letter Carriers, kneeling.

(Staff photo by JOHN FRESE)

Postal food drive is Saturday

The National Association of Letter Carriers' food drive is Saturday. The letter carriers, in conjunction with the U.S. Postal Service, the AFL-CIO and the local United Way, will collect non-perishable food items in areas to feed banks.

This will be the annual event's third year. In the previous two drives, the letter carriers of Granite City and Madison have collected approximately 38,000 pounds of food, thanks to the carriers' generosity and help to make this the best year yet with your help.

To accomplish this goal, they offer three options for those wishing to take part.

Carriers will pick up items left near residential mailboxes as they deliver the mail, food may be donated at either the Madison or Granite City Post Offices or parents may give items to their children to deposit at designated areas in their schools this week for the carrier to pick up.

Anyone with questions can ask the carrier on their route or call the Granite City Main Post Office and ask to speak to Mike Eliff or John Caudron. The best time to reach them is between 7:30 and 10 a.m. Monday through Saturday.

For more information, contact the letter carriers.

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No favoritism?

County officials deny unfairness in hiring wife of Mark Von Nida

Madison County officials say they showed no favoritism recently in hiring the wife of Mark Von Nida, who is said to be the leading candidate to become the next county clerk.

Von Nida, administrative assistant to State's Attorney William H. Burke, is one of 11 Democrats vying to fill the vacancy left by the death of County Clerk Debbie Saltich, a Democrat.

Council Board Chairman Rudy Papa is scheduled to appoint a new clerk at a special meeting at 9:30 a.m. Wednesday. The position carries a salary of \$35,000 with a \$3,500 stipend.

"As the meeting approaches, Papa said he has been pressured by factors outside the party to nominate certain nominees or shy away from another."

"There is pressure, and it will probably just get worse as we get closer to the appointment," Papa said last week.

Several county officials, speaking on condition of anonymity, have declared Von Nida the front-runner despite the fact that the office traditionally has been held by a woman.

Other county government observers have said Democrats from Granite City want the new clerk to be from there.

Von Nida was born in Granite City but has lived for eight years in Edwardsville. Haine said Von Nida is seen as a compromise candidate for

the job because he was raised in Granite City.

In addition to his residency, Von Nida has been the target of criticism and questions about his wife's hiring and his driving record.

Von Nida was hired in March as a new deputy in the County Coroner's Office.

Her official starting day was Monday, and she will earn a salary of \$22,000.

Coroner Dallas Burke said this week that she hired Von

Nida strictly based on qualifications.

Von Nida has a bachelor's degree in forensic anthropology and has been seeking a job with the coroner's office for years. Two other deputy positions were created this year for the office, and Von Nida was hired for one of them.

"She's had her application in for over two years," Burke said. "She's stopped into the office time and time again."

(See VON NIDA, Page 8A)

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SIUE commencement Saturday

James Appleberry, president of the American Association of State Colleges and Universities, will address the spring graduates of Southern Illinois University Edwardsville, in commencement ceremonies, Saturday, May 10, in the Vadalabene Center.

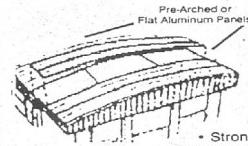
Two ceremonies are scheduled: the College of Arts and Sciences at 1 p.m. and the Schools of Business, Education, and Nursing at 1 p.m. Total eligible candidates for graduation total 999.

Chancellor Nancy Belek will confer the honorary Doctor of Education degree on Dr. Appleberry prior to his speaking at both the morning and afternoon programs.

The University's Distinguished Service Award will be presented posthumously to the late Mildred Arnold, who died Jan. 11. Arnold was the founding editor of the publication at SIUE and served until Oct. 1, 1996. The award will be accepted by her husband, George, of Edwardsville.

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Shrine
June 4

By Kimberly H.
Staff writer

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NEWS

Shrine parade here June 4, Fairview May 27

By Kimberly Haas
Staff writer

The annual Almad Shrine parade will march through the streets of Granite City on June 4.

Individuals or groups wishing to participate in the parade should call Dan Brown at 452-6215.

And for the first time, the parade will also be held in Fairview Heights.

Parade organizers are looking for a little help from businesses and schools during the May 27 parade in Fairview Heights.

"There is a lack of participation," said Ken Halbrook, co-chairman of the Shriner's parade.

Last year the parade was held in O'Fallon while the circus had already moved to St. Clair Square. The circus will once again be held at St. Clair Square from June 6 to 8 with shows at 2 p.m. and 7 p.m. each day.

The circus will be under the big top on the mall lot behind JC Penney, which took over the site in 1995.

"It seemed like that concern really took off," Halbrook said of the circus tent. "Hopefully people liked it."

The circus had been held for one year in an open lot next to Wal-Mart in O'Fallon before moving to Fairview Heights last year.

Now held at Belle-Clair Fairground, the Shriner's circus had

The parade drew 62 units last year, and Halbrook said he hopes to bring as many to the Fairview Heights parade.

JJK is on a (new) mission

Track star raising money for Youth Center Foundation

By Jason White
Staff writer

Jackie Joyner-Kersee wants to give back what she received from growing up in East St. Louis — and one way is raising money for the Jackie Joyner-Kersee Youth Center Foundation.

The Olympic track champion urged St. Clair County judges and lawyers to donate money to the foundation.

"I'm very grateful for the opportunity I got," she said after she got her start in athletics spoke Friday at the Law Day Breakfast, an annual event of the St. Clair County Bar Association.

The award ceremony awarded Jackie Joyner-Kersee with a Liberty Bell Award. The Liberty Bell Award honors the

individual who demonstrates a sense of what is important about being an American and living in our free society," Law Day committee chairman Russell Scott said.

Scott said about 400 people attended this year's breakfast — the most ever, he said.

Joyner-Kersee, a seven basketball player at the University of California at Los Angeles (UCLA) and later an Olympic gold medalist, was brief but to the point in her acceptance speech.

She spoke on behalf of the Jackie Joyner-Kersee Youth Center Foundation, which has currently raised about \$4 million of an estimated \$10 million needed for the center scheduled to be built

in summer in East St. Louis.

"I don't feel I can make a difference by myself," she said. "We, as one, can truly make a difference."

The youth center would offer about 14,000 teens from East St. Louis a variety of opportunities, including educational, recreational, educational, athletic, and cultural opportunities.

"I do not want them to be a victim of their own society," Joyner-Kersee said. "I do not want them to think East St. Louis is a bad place because there are good people there."

Joyner-Kersee, a track coach at East St. Louis Lincoln Senior High School, also spoke about the center. "We're excited to be able to create a safe haven, a place where young people can fully explore what they want to be in life and utilize their leisure time," she said.

For information about the center, write P.O. Box 6349, East



(Staff photo by JASON WHITE)

Jackie Joyner-Kersee speaks at Friday's Law Day Breakfast.

St. Louis, Ill., 62201.

Other members of the bar association also honored two other current and former East St. Louis residents.

Bruce Cook, a lawyer, who graduated from East St. Louis Senior High School about 35 years ago, received the first Richard A. Hudlin Award. St. Clair County Associate Judge Arnold Eckert said the award will be given for "unheralded acts of altruism."

Hudlin, of the prominent Hudlin family in East St. Louis, died at the age of 41 of a cerebral accident, Eckert said.

In his acceptance speech, Cook made a plea for pro bono, or volunteer, work for the poor. "There are two kinds of people that really need lawyers: the very rich...and the very poor," he said.

"(The poor) have all kinds of problems that need to be addressed, and they cannot afford to hire us because we're too expensive," he said.

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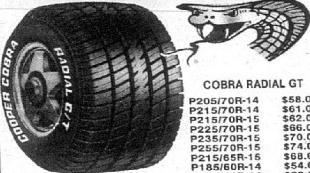
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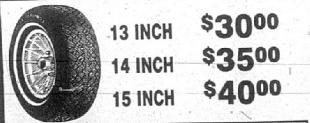
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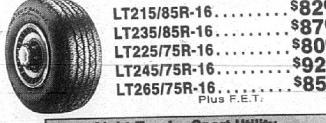
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Alton Belle owner shuffles executive staff

ALTON — The shuffling of executives at Argosy Gaming Co. that was announced Wednesday will have little effect on the city, according to a current and a former executive officer.

"This is a good operation and we're going to make it better," said H. Steven Norton, who was replaced as president and chief operating officer.

The Alton-based company operates several riverboat

casinos, including the Alton Belle, in Illinois.

John Perry, who recently was hired as chief executive officer.

Former Argosy executive Ed Norton Jr., now president and director for the city, said the change should have little effect on Alton, which relies heavily on gaming money for funds.

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Voumard said such changes are not unusual when the top manager of a company is replaced.

Norton said in an interview Wednesday that he had been asked to stay on in his different capacity and had agreed to do so. He said his duties would involve dealing with regulatory bodies and industry associations, as well as developing

new markets.

It will be kind of things I will be better suited to. It will be a corporate, rather than an operating capacity."

Norton said much of his background is in the hotel and restaurant business, with some experience in the gaming industry.

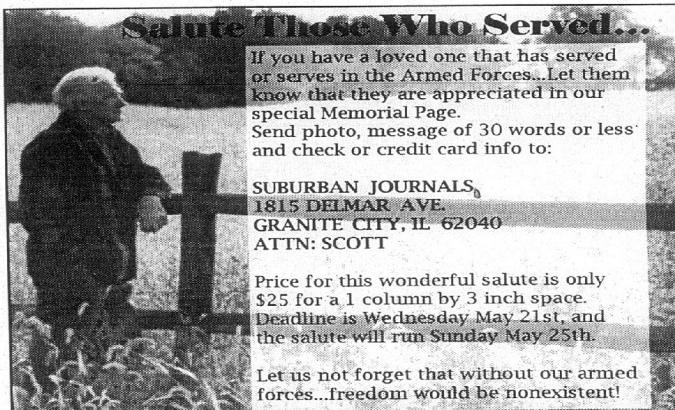
Perry was hired by the Argosy board of directors April 16 after the resignation of J. Thomas Long of Godfrey, one of the founding partners of

The company also said Joseph Uran, previously vice president and chief financial officer, has resigned after four years to pursue other interests.

Dale R. Black, controller, has assumed the role of principal accounting officer.

Perry said he expects to name a new vice president of operations soon.

From the Telegraph



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NEWS

OBITUARIES

Tegen, Patricia (Hayes)
PATRICIA (HAYES) TEGEN, 45, of Wheeling, formerly of Granite City, died at 10:30 a.m. Friday, May 2, 1997, at Holy Family Ambulatory Care Center in Wheeling. She was born Feb. 19, 1952, in St. Louis.

Survivors include her son, Erik Tegen, 10; a daughter, Maryann Tegen, 8; and her parents, Paul W. and Rose Marie (Kern) Hayes of Granite City; four sisters, Mary, Carol and Maureen Hayes, both of Granite City, and Karen Hayes and Theresa Heath, both of St. Louis; one brother, Michael Hayes, of Granite City; three uncles and four nephews.

Services were held Monday, May 5, at Irwin Chapel, 3960 Maryville Road, Granite City. Burial was in Calvary Cemetery, Glen Carbon.

Greathouse, Stephen "Mark"

STEPHEN "MARK" GREATHOUSE, 40, of Granite City, died Saturday, May 3, 1997, in Granite City following a month-long illness. He was born Oct. 1, 1956, in Decatur.

Mr. Greathouse retired from Granite City Steel in February 1996 after 18 years as a crane operator. He was a member of USA Local 67 and the American Legion Auxiliary. Survivors include his wife, Debbie (Greathouse), whom he married Dec. 19, 1978; two daughters, Christie and Casi Greathouse; one son, John Mark Greathouse of Granite City; one sister, Cookie Hutchings of Granite City; and brother, Mike Greathouse of Grotto Couer, Mo.; and 16 nieces and nephews.

He was preceded in death by his parents, Oscar J. and Bessie (Broyles) Greathouse.

Services will be held Monday, May 5, at Irwin Chapel, 3960 Maryville Road, with the Rev. Henry Crisp officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Green, Cecil C.

CECIL C. GREEN, 84, of Granite City, died at 10:30 a.m., Friday, May 2, 1997, at Rosedale Care Center in Edwardsville. He was born Aug. 22, 1914, in Winona, Minn.

He was employed for 20 years as a pipe fitter by Dow Aluminim in Madison, and was a member of City Temple Church in Granite City, serving on the Board of Deacons.

Survivors include his wife, Audrey (McGee) Green, whom he married Jan. 31, 1925; one son, James C. Green of St. Charles, Mo.; three daughters, Betty Joanne of Ridgefield, Calif., Geraldine Simpson of Granite City, and Judith Reed of Edwardsville.

Be Kind to Animals Week observed

The Madison County Board passed a resolution submitted by the Animal Health Committee at its April 16 meeting proclaiming the week of May 4-10 Be Kind to Animals Week in Madison County.

The week marks the 82nd annual Be Kind to Animals Week sponsored by the American Society for the Prevention of Cruelty to Animals. This national effort is designed to promote the companionship, friendship and love that animals bring to our lives.

A variety of dogs and breeds of dogs and cats can be adopted from the Madison County Human Society. The cost of adopting a dog is \$60, and \$40 each cat. For more information, call the Edwardsville shelter at 656-4405, or the Collinsville shelter at 344-0109.

The Madison County Humane Society, a non-profit organization, supported solely by contributions from individuals, businesses and foundations.

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New York, one brother, Leo Lair of Missouri; one sister, Gertrude Sullivan of Missouri; six grandchildren and 14 great-grandchildren.

He was preceded in death by his parents, Thomas and Sarah (Patten) Green; and two granddaughters. Services were held Monday, May 5, at Our Lady of Grace Church in Granite City. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Holmes, Juanita (Pearman)

JUANITA (PEARMAN) HOLMES, 81, of Galesburg died at 1 p.m. Sunday, May 4, 1997, at University Manor in Edgewater. She was born July 14, 1915, in Cairo.

Mrs. Holmes was formerly employed at Cottage Hospital in Galesburg as a dietitian's assistant and a member of the First Assembly of God Church in Galesburg.

Survivors include her husband, Harold Holmes of Galesburg; and three brothers, Lowell and Clinton Pearson, both of Granite City and Belvidere, Ill.

Services were held Tuesday, May 6, at George Renner & Sons Funeral Home, 120 N. Main, in Galesburg.

The Rev. James Blazant officiating. Burial was in Mount Carmel Cemetery, Belvidere.

McKelvey, Mabel E.

MABEL E. (PEARMAN) MCKELVEY,

89, of Sullivan, Mo., formerly of Granite City and Edwardsville, died at 10:05 p.m. Friday, May 2, 1997, at her home in Sullivan.

Services were handled by Irwin Chapel, 3960 Maryville Road, Granite City.

McDonald, Michael Terry

MICHAEL TERRY MCDONALD, 44, of Granite City, died at 1:08 a.m. Sunday, May 4, 1997, in Fairmont City following a sudden illness. He was born Sept. 12, 1952, in St. Louis.

Mr. McDonald had been employed for the past year as a tree trimmer by Randy's Tree Service in Granite City and a member of the Catholic faith.

Survivors include his daughter, Lorraine McDonald of Eminence, Ill.; his paternal grandmother, Lucille McDonald of St. Louis; two nieces and one nephew.

He was preceded in death by his parents, Robert and Delyla (Washington) McDonald; and one brother, McDonald, who died December 1996.

A memorial service will be held at 1 p.m. Thursday, May 8, at Werner's Funeral Home, 3339 Lake Drive, Pontoon Beach, with the Rev. Guy Falter officiating. The body will be interred at Elmwood Cemetery.

Memorials are suggested to the Alzheimer's Association.

family.

Koroby, John

JOHN KOROBY, 82, of Belleville died Friday, May 2, 1997, at St. Paul's Home in Belleville. He was born April 28, 1915, in East St. Louis.

Mr. Koroby retired from Chicago Northwestern Railroad as a clerk with a U.S. Army World War II veteran.

Survivors include two daughters, Madeline and Linda Jung of Belleville; two sisters, Ann Webb of Granite City and Rose Kulick of Belvidere; two grandsons and one granddaughter.

He was preceded in death by his wife, Elema (Vander) Koroby, who died in 1985; his parents, George and Mary (Lesegani) Koroby; and one brother, Charles "Jake" Koroby.

Services were held Tuesday, May 6, at 1 p.m. at St. Paul's Home.

Services were handled by Irwin Chapel, 3960 Maryville Road, Granite City.

Sullivan, William J.

WILLIAM J. SULLIVAN, 67, of Granite City, died at 10:30 a.m. Friday, May 2, 1997, at St. Paul's Home in Belleville.

Services were held Tuesday, May 6, at 1 p.m. at St. Paul's Home.

Services were handled by Irwin Chapel, 3960 Maryville Road, Granite City.

Wright, Charles E.

CHARLES E. WRIGHT, 82, of Granite City, died at 10:30 a.m. Friday, May 2, 1997, at St. Paul's Home in Belleville.

Services were held Tuesday, May 6, at 1 p.m. at St. Paul's Home.

Services were handled by Irwin Chapel, 3960 Maryville Road, Granite City.

Country breakfast is Saturday

St. John's Lutheran Church, 2001 St. Clair Ave., is hosting a country breakfast from 8-11 a.m. Saturday, May 10.

The menu will include pancakes, sausage, eggs, biscuits, homemade gravy, coffee and juice. Cost is \$4 for adults and \$2 for children ages 11 and younger. Carry-outs are available. Pay at the door.

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(SPECIAL)—A drug that is exciting researchers in the treatment of pain has been formulated into a new product known as "Arthur Itis," and is being called a "Medical Miracle" by some, in the treatment of debilitating conditions such as arthritis, bursitis, rheumatism, painful muscle aches, joint aches, simple backache, bruises, and more. Although the mechanism of action is unclear, experiments indicate that Arthur Itis, relieves pain by first selectively attracting, and then destroying the messenger-chemical which carries pain sensations to the brain, thus eliminating pain in the affected area. Arthur Itis, is available immediately without a prescription in an odorless, greaseless, non-staining cream or new easy applicator liquid form. Arthur Itis, is guaranteed to work or your money back.

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• Reform

(Continued from Page 1A)

Granite City School Superintendent Steve Balen said his district was \$8 million in debt in 1984 when it closed one of its schools and laid off approximately 200 teachers.

Today, the class sizes at Granite City average between 28 and 30 students. Balen added the equipment used in vocational and technology classes is outdated.

"We are an atypical district," Balen said.

"When you begin a program with outdated equipment," he said.

Jim Rosborg, superintendent of Belleville Grade School District 118, faces similar problems. He pointed out most of the buildings in the district were built between 1912 and 1928. District 118 is constructing its first new school built in almost 30 years.

Rosborg said the additional school is needed because its present schools are overcrowded.

District 118 is listed on the state's financial watch list because the state failed to reimburse them \$400,000 in state aid.

The coalition has drawn a map that it believes will address these concerns. Illinois Federation of Teachers' Secretary-Treasurer Ed Geppert Jr. said.

The bill would:

- ✓ Increase the income tax fund by one percent.
- ✓ Provide \$1 billion in property tax relief.
- ✓ Provide an additional \$1.1 for educational funding. The state in its 1996 budget allocated \$5.6 billion to education.

Deets, St. Clair County Regional Superintendent of Schools, said property tax is one of the least fair methods of funding schools, creating a disparity in funding among neighboring districts.

Harry Briggs, Madison County Regional Superintendent of Schools, said the state provided for 46 percent of the funding for schools in 1972. In 1996, the state provided 32 percent.

"As we move through this process, the local taxpayers have to make up the difference," Briggs said. "That is exactly what happens in Illinois."

Briggs said in developing a plan for fair school funding, the education coalition is guided by five basic principles:

- ✓ To raise the foundation level to provide every school with the resources necessary to provide a high quality education.
- ✓ To reduce the resource inequities.
- ✓ To harm no school district.
- ✓ To move the state toward 51 percent of the funding for schools.

✓ To provide substantial property tax relief.

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Drawing will take place at St. John Neumann Catholic School on Saturday, June 7, 1997. Proceeds from the Big Bucks Bonanza are to be used for Student Financial Aid, Building and Operational Funds for St. John Neumann Catholic School, (Grades Pre-K thru 8) serving the parishes of St. Cecilia, Glen Carbon, St. Jerome, Troy and Our Mother of Perpetual Help, Maryville, Illinois.

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NEWS

Inmate pay plan under study

Proposal would force payment for visits to doctors, nurses

A plan to make inmates of the Madison County Jail pay to see a nurse or doctor is still in the works. Sheriff's Department officials say.

Charges to prisoner finances also may someday include charging them for room and board after conviction, Capt. Robert Hertz said.

St. Clair County Sheriff Merle Justus announced this week he would require inmates

to pay from their personal funds when they request medical attention.

According to Justus' plan, inmates without personal funds still will be paid for by St. Clair County.

The personal funds are used to buy snacks, cigarettes and other small items from the jail commissary.

In Madison County, Hertz and Sheriff Bob Churchich

have been talking about doing the same thing for more than a year.

"We will do it soon, probably this summer," Hertz said. "We just have to put together the proposal."

Hertz got a favorable legal opinion last year from State's Attorney William Haine regarding the change.

Hertz said the greatest benefit of charging inmates for

medical expenses would be discouraging unnecessary complaints.

"We have a lot of frivolous trips to the nurse for headaches and such, simply because we cannot deny an inmate medical attention, if requested," Hertz said.

Justus is charging inmates \$18 to see a doctor and \$10 to see a nurse, plus expenses related to the visit, he said. He said he had planned to charge \$10 for the doctor and \$5 for the nurse, plus drug expenses.

Madison County Jail has budgeted \$189,000 for medical expenses this year, including \$108,000 for hospital expenses and \$91,000 for in-house drug costs.

Hertz said the hospital trips, when needed, would be covered by the county in any event.

Hertz noted that inmates, such as Norton Wells, 72, who faces a murder charge, require expensive drugs while held as prisoners in the jail.

Wells was released from prison pending trial more than a year ago because of failing health.

—From The Telegraph

Profile:



Bob Shipley

Birthplace: SEMC, Granite City

Occupation: general foreman, Taracorp Industries

Hobbies: fishing, softball, basketball, coaching youth sports

Biggest accomplishment: raising a family

Biggest disappointment: losing my father

Most admired person: Tip O'Neill

Last movie seen: 'The Empire Strikes Back'

Favorite TV show: sports

In high school, people thought I was: class clown

On my day off, I: fish

Favorite food: roast beef



Mother's Day - Sunday May 11th

•Shipley

(Continued from Page 1A)

the resignation of Paul Fisk.

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you can help people out," Shipley said.

Shipley realizes he has some big shoes to fill. But his size fifties are a good start.

From the time Nelle Hagnauer became a township supervisor in 1961 until his death last year, Hagnauer was credited with building a new township building, initiating numerous and entertainment programs for seniors, starting a free bus service for seniors and the handicapped, and obtaining millions of dollars for such projects as bleachers and lighting for high school athletic fields, playground equipment and other projects.

Shipley doesn't plan to make major changes at the township office. But he does see some areas where services can be improved and expanded, he said.

"I'd like to see the township do more for the elderly people," he said. "Right now, we do a lot for seniors and that's great."

"I'd like to see more programs for kids and more people take advantage of the building and the bus service. A lot of people just don't know how to take advantage of the bus service."

The free bus service offers at-the-door pickup for seniors who have doctor appointments or shopping to do. All that is required is a telephone call to the township office, 877-0513, one day in advance to schedule the ride.

Shipley said he plans to apply for grants to purchase three new buses for the township.

"It's a good program and I hope more people take advantage of it," he said.

He is considering reassigning a township employee as an "activity director" to plan programs for youth and civic groups as well as seniors, he said.

Shipley and his wife Margaret reside at 2457 Hodges Avenue with their three children, Luke, 11; Beth, 9; and Kari, 4. A general foreman at Taracorp Industries, Shipley is a member of Holy Family Catholic Church, Knights of Columbus and the Eagles. He coaches youth baseball, basketball and football teams, and has served as a scout leader.

Osteoporosis talk

St. Elizabeth's Hospital of Belleville will present a free community program on "Osteoporosis" at 7 p.m. Thursday, May 8, in the Centennial Room.

For limited seating, reservations are required. For more information or to register, call 234-2120, extension 1575.

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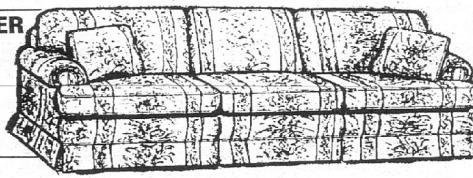
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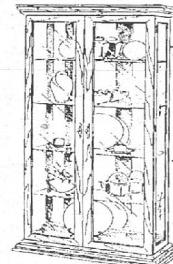
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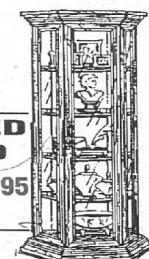
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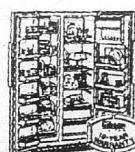
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NEWS

•Shafer

(Continued from Page 1A)

of court. "I feel good about the judgment," Fred Shafer said. "He didn't do what the judge ordered him to do (in 1992). This is the second time to court."

Despite the judge's order, though, Fred Shafer said Ron Shafer still has not gone to get his land surveyed.

"That's not what the judge told him to do," Fred Shafer said. "He doesn't understand what the order means, I guess."

Fred Shafer several years ago installed a 6-foot-high chain-link fence that extended 700 feet to separate his property from Ron Shafer's. Since then, Ron Shafer has continued to pour the concrete driveway along the fence, using wooden pallets and timber makeshift forms.

As a result of the piles of concrete Ron Shafer has poured and the make-shift forms, portions of the concrete have spilled over onto his brother's property. The driveway now stands taller than that fence.

Another tier of fencing has been added, and Ron Shafer has been pouring concrete against it.

In addition to the fence, Ron Shafer has built a concrete trellis to keep ivy on which he said plans to grow ivy. That structure is built against Fred Shafer's fence, too.

Ron Shafer also advertises a concrete genealogical rock garden that takes up much of his front yard. It bears family trees formed by rock embedded in the soil, according to a pamphlet.

Ron Shafer in late April had approached the Pontoon Beach Village Board of Trustees with a request to complete a concrete sidewalk he has been unable to continue to build since the trustees initially denied him a permit against his pouring of any concrete.

At that time, Bob Barthelemy, the village code inspector, asked how high the sidewalk would be.

Shafer estimated it would have been about 6 feet high by the time it met the front of his house.

The trustees dropped the subject and continued with other business.

In addition to the concrete problem, Ron Shafer is now being ordered by the EPA to clear out five acres of wetlands that he allegedly filled with dirt, because the filled area violates the Clean Water Act.

The EPA has given Ron Shafer 30 days to draft a plan to clear the area and restore it to its natural curves and depth.

After that, he has 30 days to start clearing the wetlands.

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•Von Nida

(Continued from Page 1A)

Burke noted Von Nida also is getting a master's degree in social work.

"I think she'll be a big asset to the office."

Burke said the people recently hired by her office are those who have had their applications in for some time.

"They are all young people, very eager, and I think are years on her own and paid for them on her own. The others we hired are emergency medical technicians and have a lot of experience with what happens on this job."

Mark Von Nida said he believes his wife also thinks his wife was hired directly because of her qualifications.

He said Thursday that, because of his wife's hiring, he has doubted he will get the job of county clerk because "it's just too much to ask."

Regarding his Edwardsville residency, Von Nida said his roots are in Granite City, so he still is strong. In fact, he is seeking a larger home for his two young boys and said he may move back to Granite City soon.

"My house is not for sale, but it may be soon," Von Nida said. "I'm trying to sell it sometime in the future?"

Regarding his driving record, Von Nida acknowledged that some people may find it strange that he had no valid driver's license from 1991 to 1994. But Von Nida said he simply let the license lapse because he lives only four blocks from the county Administative Building.

"I walked to work for years until my children got older and needed rides to day care and things like that," Von Nida said. He denied ever having had his license suspended or revoked.

— From The Telegraph

•Hepatitis

(Continued from Page 1A)

Tscheschlok said the first wave struck mostly members of the team but that the second wave included secondary cases, such as friends or family of the original victims.

In the last half of April, only five cases were identified, which prompted health officials to predict the end of the outbreak was near.

Both meningitis patients are recovering, Tscheschlok said.

* * * * *

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Area landowners will have the opportunity to learn these two grafting techniques from Kansas State Pecan Specialist, William Reid, at a grafting school to be held on Thursday, May 15. The school will be held at the Ralph Voss farm, southwest of Carlyle, Illinois at 1 p.m. Each participant will be given the opportunity to try his hand at grafting.

To find the Voss farm, proceed 1.5 miles south of Carlyle, Illinois on Illinois 127. Turn right (west) on Slant Road. The farm is located approximately 3.5 miles west on the north side of Slant Road.

This workshop is being sponsored by the University of Illinois Cooperative Extension Service. Additional information may be obtained from Tony Bratsch, horticulture educator, 652-7700.

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Sense

By Ron Wisdom
Staff writer

More than 95 percent said suicide rates are increasing because of clinical depression and anxiety disorders.

However, these stopped with the results.

May 4 through

icide Prevention Week.

Call For Help

service agency been providing sen-

ior citizens

suicides used to occur.

The main reason increase is that children is much more likely to be, he said.

Relationships choices are more than they used to be, Ulerly said. "Dependence number one problem among the elderly facts include:

• Suicide rate

15-19-year-old has

22.3 percent.

• Suicide rate

10-14 years old has

12.0 percent since

Black male

years old has

increased in

among adolescents.

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15-19-year-old has

22.3 percent.

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10-14 years old has

12.0 percent since

Black male

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increased in

among adolescents.

• Enve

(Continued from Page 1A)

editors received critical reactions, and often in the news reader response.

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sweepstakes

NEWS

Senseless deaths can be stopped

By Ron Wisdom
Staff writer

More than 95 percent of people who commit suicide do so in large part because of clinical depression, alcoholism and anxiety disorders, suicide experts say.

However, these senseless deaths can be stopped with the right help, those experts said.

May 4 through 10 has been set as Suicide Prevention Week.

Call For Help Incorporated, a social service agency in Edgerton, has been providing services to St. Clair County.

• Suicide

(Continued from Page 1A)

"People used to write off youth suicides as 'accidents.'

The main reason for the increase is that pressure on children is much greater than it used to be, he said.

"Relationships and life choices are more intense than they used to be for kids," Ulery said. "Depression is one mental health problem among the youth."

Other facts on youth suicide include:

- ✓ Suicide rates for those 15-19-years-old have increased 13.3 percent since 1980.

- ✓ Suicide rates for those 10-14-years-old have increased 120 percent since 1980.

- ✓ Black males age 15-19-years-old show the largest increase in suicide rates among adolescents. Their suicide rate has increased 165 percent since 1980.

- ✓ Up to 60 percent of high school students report having ideas of suicide.

- Also alarming is that while elderly make up only 13 percent of the population, they account for 25 percent of all suicides.

- Because they are elderly people over 65-years-old die of so many medical problems anyway, suicide only ranks about 14th as the leading cause of death," Ulery said. "However, once an elderly person makes up his or her mind that they want to kill themselves, they are the most lethal of any age group."

- Ulery said while the rest of the population only completes one out of 10-20 suicide attempts, elderly people complete one out of four attempts. "It's also contrary to belief, only a small fraction of elderly suicide victims have been diagnosed with a terminal illness."

- "Once they get older and are not able to do the things they used to do, they become very depressed and that can end in suicide," Ulery said. "They also begin to fear that they will become terminally ill and they don't want to be a burden on their family."

- Other facts on elderly suicides are:

- There is one elderly suicide every one hour and 23 minutes.

- Eighty-one percent of elderly suicides are male.

Defense class set

Officer Michael Sparks of the Granite City Police Department will present a free hands-on self defense class for men and women at 7 p.m. Monday, May 12, 1997, at St. John Lutheran Church Fellowship Hall, 1501 W. Clair Avenue. For more information call 451-7788.

Restaurant has reopened

Tony's Restaurant, 1504 Madison Avenue in Granite City, has been sold to new owners, Rob and Tina Leader.

The new owners have remodeled and updated the restaurant, which has long been a landmark in the Tri-Cities area.

There will be breakfast specials and a choice of dinner specials. New items have been added.

The restaurant is open from 5 a.m. to 7 p.m. weekdays and from 6 a.m. to 2 p.m. Saturday and Sunday.

Carry outs are also available by calling 876-TONY (8869).

• Envelope

(Continued from Page 1A)

editors in all of the complications, criticisms and suggestions, and often make changes in the newspaper based on reader response.

For another reason the envelope is back. It's been used in the Journals for years, and some readers missed the convenience of having the editor in paper. You'll find the envelope inside, as well as details about the Spring Fling Sweepstakes.

and the Metro East for the past 27 years, wants to make sure people are aware of signs of suicide.

"The most important message that we can give is that suicide is preventable," said Gary Ulery, coordinator of volunteers for the suicide and crisis program at Call For Help. "These people do not have to die. There is hope for them. The most important thing is to be aware."

According to national statistics, suicide is the third leading cause of death among adolescents, only behind accidents and homicide.

Ulery said that there are many risk factors involved in adolescent suicide. Those

include but are limited to:

- ✓ Presence of psychiatric disorder — depression, conduct disorder, substance abuse or dependency
- ✓ Expressions/communications of thoughts of suicide, death, dying or the afterlife
- ✓ Impulsive behavior; significant change in behavior
- ✓ Impulsive, aggressive behavior, or rage
- ✓ Previous exposure to others' suicide
- ✓ Severe stress
- ✓ Problems in parental relationships, family instability

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Management courses slated

The Small Business Development Center at Southern Illinois University at Edwardsville will offer four short management courses during the month of May. The workshops will meet at University Park in Room 112.

Workshop dates and fees include:

- ✓ Accounting and Records For Small Business; May 15, from 6:30 to 9:30 p.m.; fee \$60
- ✓ Pricing Your Products and Services Profitably — designing products and existing businesses, May 19, from 6:30 to 9:30 p.m.; fee \$50
- ✓ Financing Your Business — learn how the commercial lending process works, May 27, from 6:30 to 8:30 p.m.; fee \$50
- ✓ How To Start A Business, May 22, 29 and June 5, from 6:30 to 9:30 p.m.; fee \$60

Additional information about the workshops is available by calling Jane Baggett at (618) 692-2929.

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NEWS

Nominations open for scholar program

Nominations are now open for the Golden Apple Scholars of Illinois program, which recruits high school seniors who want to become teachers and are committed to making a difference in the lives of Illinois' children. All high school seniors and seniors are eligible to be nominated for the program by a teacher, counselor, principal or other non-family adult.

Created by Golden Apple Award-winning teachers, Golden Apple's Illinois program provides more than 500 hours of classroom experience, supplemental teacher training, mentoring by an award-winning teacher and a \$5,000 scholarship loan each year for four years of undergraduate education. In return, Golden Apple scholars must earn a bachelor's degree and teach a confirmation at one of 24 participating Illinois universities, participate for four summers of the Golden Apple Scholars Summer Institute, and teach in an Illinois school designated as high need for at least five years after graduation.

Spring Fling Sweepstakes winners selected

The following readers were selected May 2 as winners in the Journal's Spring Fling Sweepstakes:

Bob Lipscomb, Edgar Knecht Jr., Viola Hudson, Carol Goscinski, Dolores Turner, Sue Bazzell, Betty Rose Gerst, Dennis Baker, Mary Ann Vick, K. Schmidt, Barb Bate- man, Ralph Henson, George Meyer, Tracey Yarbrough, Peggy Mueller, Dorothy C. Peck, Vickie Luckett, Sharon Rice, Eugene and Margaret Buetner, James Shockley,

Genevieve Bordeaux, Debra Olsen, Linda Garvis, Ed Vompek, Bennedine Jones, Helen Roberts;

Regina Randall, Mrs. F.A. Bergfeld, Marlene White, Ray and Martha Kwiatkowski, Mrs. Kathleen Irvin, Fowlden, Mrs. Cardell Young, Dixie Robinson, Ed Earl, Mrs. Mary Black, Dorothy Miller, Lyman and Marie Bell, William Granski, William Lamberts, Chris Dietl, Raymond Boxhert, Lorretta Bax, Bob and Lucille Loeffler, Bobly Bonn, Lori

Hampton, Gladys Bass, Lucille Caban, Lenora Norris, Donald Kalvin, Bryan Cobb; Karen Mathis, Ralph

Pauline Hack, Warren Vetter, Jack Thompson, Edward Harper, Maureen Butler, Charles Bent, Sherry Kiel;

Michael Acuna, Julie Rolek, William Jenkins, Wil and Tammy Conner, Sandy Bumann, Marian Schaefer, Kelly Her- ring, Doris Kaffer, Dorothy Gallius, Bonnie Johnson, Marie Tom, Mel Sr., Rae Brill, Barb Stalheber, Sandra Weaver, Keith Cappello, John Raslawski, Mary Ann Fitzger- ald and Dennis Williams.

Professor's poem published

The latest literary effort of Wayne Lanter, a poet and Belle- ville Area College philosophy instructor, is of epic proportions. Lanter's "At Float on the Otagawa," a 200-page poem totaling an estimated 5,000 lines, was one of several recently selected by Edwin Mellen Press to commemorate the 1945 atomic bombing of Hiroshima.

"At Float on the Otagawa" is the name of the town on the Oita River, which feeds the river on which Hiroshima is built. Chronicling the journey of a Japanese-American physicist and poet, the story begins during World War II with the narrator's internment in a detention camp in Utah and culminates in his return to Hiroshima in 1946 to search for his brother.

"The narrative had to be someone who could straddle the Pacific," said Lanter, of Freeburg. "Someone who was a part of, yet separate from, both cultures. The bitterness of it all was the impetus of the whole work."

Requiring a minimum of 80 pages for eligibility, the poem was a new challenge for Lanter, whose longest work had previously been a 10-page poem titled "Death in a Polish Woods." In the end, Lanter had to curtail "Otagawa," but says he could have written another 100 pages an impressive feat considering he had very little knowledge of the region or event before beginning this epic.

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NEWS

19th-century mansion open Sunday for tours

By Glen Sparks
Staff writer

As Mary Lou Daus steps up the antique wooden staircase at the Beauvais Mansion, her comments turn to old-time fashion and a different time.

This house has always reminded me of Tara of "Gone with the Wind" fame, Daus says.

"You can imagine the ladies strutting up here in their hoop skirts."

A little later, she peers from the balcony and looks to the east. Years ago — before tall

buildings dominated the St. Louis skyline — this spot offered views of the Mississippi River on a clear day.

Underneath the balcony, a circular driveway cuts across the front entrance. It's blacktop today, but a century ago it was dirt.

You can imagine the horses and carriages coming up the circle, waiting for the party to begin," she says.

Daus is the chairwoman of the mansion committee and responsible for much of its recent refurbishing.

"You can tell she's a romantic, can't you?" remarks Phyllis

lis Ross, vice president of Memorial Home and in charge of public relations and development.

This 12-room mansion from the 19th century is a great place to visit, too. Daus compares it with the nearby Henry Shaw mansion.

"It doesn't have the presence I think that this house has," says Daus.

One reason may be a bit partisan. Residents can make their own judgments.

The mansion, located at 2620 Grand Boulevard at Magnolia Avenue, is part of the Memorial Home, a non-profit nursing home facility. It will be open for the public to tour from 1 p.m. to 4 p.m. Sunday, May 11.

Rene Beauvais, a well-known early St. Louis silversmith and gunsmith, built this Greek Revival house in 1837 on the city's western boundary. "This was country," Daus says.

Beauvais, his wife and children occupied the house less than a decade, until his death in 1875. Unfortunately, no pictures or personal items exist today of the Beauvais family.

"He was a collector," Daus says. "As opposed to Henry Shaw (whose house is near the Beauvais mansion), who kept every paper and every photograph."

Not long after Rene Beauvais' death, the mansion was sold for taxes to the St. Louis Women's Christian Association, a non-denominational Protestant organization that converted it into a home for the elderly.

Memorial Home was dedicated in 1882, its name chosen to remember Civil War veterans.

It was the first home in the United States to admit elderly married couples and single males, many of whom were Civil War veterans. Persons who were brought in surrendered all their possessions to the home in exchange for life care.

Tours of the mansion are available by appointment. Call 771-2990 for more information.

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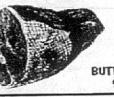
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Staff writerT he year
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Granite City Journal

Section B

Wednesday, May 7, 1997



SEE ENVELOPE INSIDE



www.yourjournal.com

1996-97 Illinois Journals All-Area Boys Basketball

A real gamer

Dougherty closes career with stellar hoops season

By Brian Bretsch
Staff writer

Edwardsville High School basketball coach Mike Dougherty has been around for years ago about the prowess Jim Dougherty had on the football field.

After all, Dougherty's father Tim was moving his family from Peoria to Edwardsville so he could take over as the school's new varsity football coach and athletic director. What also he heard then Jim had all the makings of an outstanding football player and a good baseball player.

"I didn't take him on for Waldo to recruit him. Jim had the potential to be an outstanding basketball player as well. Jim Dougherty, a 6-foot-4 forward, was so outstanding that some high-school coaches voted him the 1996-97 Illinois Journals Class AA Player of the Year."

"Jimmy was not only a very good player for us, he was very a character and is really a good person," Waldo said. "He is the type of person that you feel fortunate in life to associate with. We will definitely have a day-to-day interaction with Jimmy."

On the surface, it is hard not to notice Dougherty's staggering numbers this season. He hit 47 percent (71 of 152) of his shots behind the

'Jimmy was the kind of guy who made all the guys on our team better. As the year went on, he drew a lot of defensive attention...He really sacrificed a lot.'

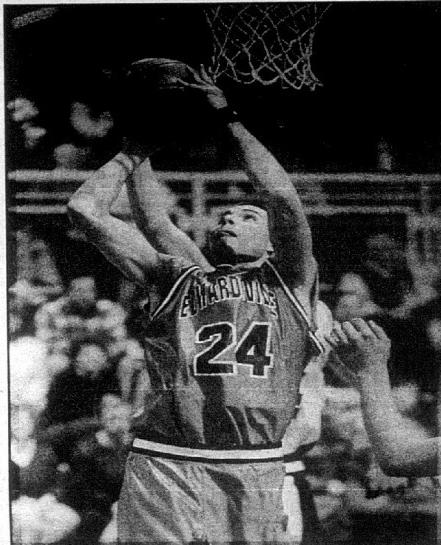
— Mike Waldo
Edwardsville coach

3-point line while nailing 62 percent of his two-point field goals. He scored 532 total points for an average of nearly 21 points a contest.

At the free-throw line, he converted 79 percent (77 of 97) of his shots. He ended his varsity career as the "Tigers' fourth all-time leading scorer.

Waldo said Dougherty meant more to the Tigers than just the excellent offensive numbers he contributed. His work on defense was often overlooked, along with all the individual accolades. "The coaches will say are difficult to find in a player these days."

"Jimmy really liked to play. His exuberance for the game was contagious," Waldo said. (See DOUGHERTY, Page 3B)



Staff photo by T.L. PITTMAN

Jim Dougherty, a standout in basketball, football and baseball at Edwardsville High, averaged 21.0 points per game this season and will attend the University of Missouri on a football scholarship.



Dougherty



Helbig



Norwood

Journals All-Area Boys Basketball

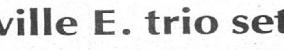
Class AA First Team

Player	Yr Ppg
Jim Dougherty, Edwardsville	Sr. 21.0
Erick Greene, Belleville East	Sr. 19.5
Clint Sitzes, Belleville East	Sr. 17.4
Josh Helbig, Belleville East	Jr. 15.5
Kelly Norwood, Mascoutah	Sr. 17.8

Player	Yr Ppg
Kim Green, ESL Lincoln	Sr. 14.8
Brian Patterson, Triad	Sr. 17.7
Jon Harrel, Edwardsville	Sr. 17.2
Mark Alaria, Edwardsville	Jr. 15.2

All statistics from 1996-97 season.
All-area votes were compiled from Metro East area coaches.

Stitzes



Stitzes

Other members of the Illinois Journals Class AA All-Area first team, and a summary of each:

ERICK GREENE, Belleville East: A 6-3 senior who transferred to East after his sophomore season, Greene averaged 19.5 points, 7.4 rebounds, 3.5 assists and three steals per game.

"Erick's work ethic is the most important part of his game," said Lancers coach Doug McCrary. "We asked him to do a lot of things for us, like bringing the ball up

the floor and guarding the other team's big man inside."

"He created a lot of mat-

chup problems for other teams. He has great hands and he draws a lot of fouls."

CLINT STITZES, Belleville East: The 6-2 senior, a four-year starter, averaged 17.4 points, 3.5 assists and three steals per game.

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"Clint has been pretty con-

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(See CLASS AA, Page 3B)

Belleville E. trio sets standard in Class AA

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(See CLASS AA, Page 3B)

Patton, Baker share Class A honor

By Patrick C. Heston
Staff writer

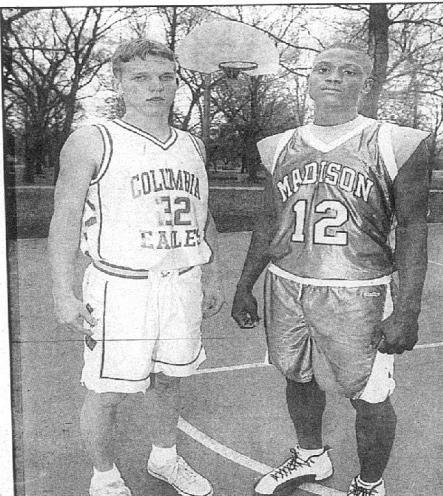
The yearlong argument from sportswriters and fans over whether Columbia's Ryan Patton or Madison's Maurice Baker was the best Class A player in the Metro East was finally resolved and had to wait for the coached postseason picks.

But even the coaches could not reach a decision, naming both Patton and Baker the 1996-97 Illinois Journals Class A Co-Players of the Year.

Patton, a 6-foot-1 senior point guard, led the Eagles to a 22-7 record, a 10-mark and championship in the Cahokia Conference and a berth to the sectional finals — where Columbia fell 77-77 to Nashville.

"(Patton) was our team leader. I could turn things over to him and know that he'd get the job done."

— Darrell Burd
Columbia coach



'At the beginning of the year, I wasn't sure if Maurice could be the team leader...But he grew into the role quickly.'

— Al Collins
Madison coach

outing in each of his last three years.

The accolades accumulated by Patton this season are as impressive as his statistics.

He made the all-tournament teams at Litchfield and Freeberg, was the MVP at both the Southwestern Illinois Coca-Cola Shootout against Pinckneyville and the Pepsi Superfan Shootout against Cairo, was a member of the all-conference first team selection. Patton was also named second team All-State by the Illinois Basketball Coaches Association and a first team selection by the Chicago Sun-Times.

Those who simply read statistics and never saw Ryan Patton play might be surprised. While the University-bound senior by believing him to be a ball hog who shoots every time he gets his hands on the ball.

But Patton is a 118 assists on the year, more than five a game, and grabbed the same number of rebounds.

"Ryan is much more than those who've never seen him play may think," said Columbia coach Darrell Burd. "He is a fierce competitor with quick hands

(See CLASS A, Page 3B)

"I thought we had a very good season," Patton said. "I would have gone farther than we did, but still, it was a very successful season."

Especially, for Patton, who averaged 17.5 points, 5.4 assists and 4.1 steals per game. He finished the season with 118 steals, second best in Columbia High School history and one more than his junior year total. His 385 career steals established an Illinois

freshman season. He is the only Eagle to post three seasons of 500 or more points, averaging at least 20 points an

(See CLASS A, Page 3B)

state record.

Ryan started and scored in all 111 games of his high school career, including his

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SPORTS

Guccione stymies Granite kickers in shootout championshipBy Patrick C. Heston
Staff writer

The area's top-ranked squads squared off in the championship match of the St. Dominic/Howell North Shootout Saturday evening. No. 1 Incarnate Word Academy rode a first-half goal by Jaime Guccione to a furious second-half rally by No. 2 Granite City to hold off the Lady Warriors 1-0.

It was a sunny but cool evening with a brisk wind blowing North to South. Ironically, both teams dominated when playing into the

wind.

Incarnate Word (19-0-2) controlled play in the first half, putting up 11 minutes into the match when Karoline Putnam sent a rising scorcher toward the center of the goal from 12 yards out.

GCHS keeper Shannon Roth made a superb play, fisting the ball up and over the goal.

"Shannon really had an exceptional tournament," said Granite City coach Greg Baker.

But the Lady Warriors were not so fortunate at the 24:00 mark. That's when Ellen LeFlore

smoked one from close on the left side. Roth knocked down the ball, but it rebounded to Jones, who stroked it into the goal for the game-winning margin.

Granite City (10-2-1) nearly scored with 3 1/2 minutes left in the first half when Jamie Dell sent a shot from 18 yards out.

Michelle Montgomery teamed up to send keeper Beth Guccione sprawling.

The tournament's Most Valuable Player rebounded up inside the goal, along with most of the ball, but the entire ball never crossed the goal line. The play preserved the shootout and kept Incarnate Word in front 1-0 at the half.

The teams switched goals — and momentum — in the second half.

The Lady Warriors came out in the attack and kept the ball on their half of the field most of the 10 minutes.

Granite City had numerous end-line opportunities, but the chance came between the 50 and 60 minutes marks.

At 59:05, Michelle Montgomery's corner kick curved toward the goal of the Lady Warriors, who were continuing to kick the ball, and Guccione, who kept getting a hand to it.

"Their goalie is extremely good," Baker admitted. "She was the difference in this game. You have to be her. She will not be herself. She gives you nothing, absolutely nothing."

Granite's last chance came at 77:30 when Brandi Ficker's shot off a partial breakaway missed

left.

IWA — Lindsay Jones (Assisted by

Ellen LeFlore), 24:00. Second Half

No scoring.

IWA — IWA: Ellen LeFlore, 75:00.

GC — Corner Kick.

IWA — IWA: Beth Guccione, 12 shots, 12 saves; GC: Shannon Roth 8 shots, 7 saves.

left.

"It was a game of halves,"

said Baker. "The first half was all them, and the second half was all us. We've been too much of a second-half team this year and not enough of a first-half team. That means change."

"Roxie (Simpson) and Jaime had great games tonight," Baker said. "Crystal (Timmons) and Shannen (Dell) did a great job." Michelle Montgomery was unbelievable all tournament long. She plays with a fire and a passion. She made some nice saves. She made some nice saves. She made some nice saves. Many of our scores possible. And of course, she, along with Connie (Meyers), deserved to be on the All-Tournament team. I was glad to see that we're changing."

Montgomery and Meyers were the all-star squad out of Pool C.

Guccione and Amy Timmerman of Incarnate Word were all-stars from Pool A.

The Lady Warriors must quickly regroup for three games this week.

METRO EAST BASEBALL

Southwestern Conference		
Team	Conf	Overall
Edwardsville	6-2	11-2
Alton	6-2	14-4
Belleville East	5-3	11-4
Collinsville	4-4	9-7
East Alton-West	2-4	2-8
East St. Louis	1-4	4-8
Granite City	1-4	4-8
Lincoln	0-4	0-7

Mississippi Valley		
Team	Conf	Overall
Renton	3-1	10-7
Highland	3-2	13-4
Jerseyville	3-2	8-6
Triad	2-2	5-8
Civic Memorial	2-4	5-11
Mascoutah	1-4	5-11
Wood River	0-4	0-7

Cahokia		
Team	Conf	Overall
Watertown	7-0	15-5
New Athens	4-1	12-4
Dupo	4-3	12-7
Freeburg	4-3	10-9
Lebanon	1-2	2-7
Marissa	3-5	4-8
Red Bud	1-4	3-11
Breeze C.	1-5	6-9
Roxana	0-4	2-17

South Seven		
Team	Conf	Overall
O'Fallon	5-1	11-4
Cahokia	0-1	3-10

Independents		
Team	Conf	Overall
Gibault	1-6	13-6
Athol	0-1	11-9
Mater Dei	0-1	8-9
Westerville	0-1	6-9
Valmyer	0-1	3-4
M.E. Lutheran	0-1	3-4
Marquette	0-1	3-10

METRO EAST SOFTBALL

Southwestern		
Team	Conf	Overall
Belleville East	7-0	15-1
Belleville West	6-2	16-3
Edwardsville	4-4	8-5
Alton	3-5	6-6
Granite City	1-7	1-9
Collinsville	1-7	1-9
Lincoln	0-8	0-9

Mississippi Valley		
Team	Conf	Overall
Civic Memorial	5-0	8-3
Highland	6-1	12-5
Westerville	5-2	9-7
Mascoutah	3-2	4-6
Triad	2-3	4-6
Wood River	1-4	1-14
Roxana	0-7	0-14

South Seven		
Team	Conf	Overall
O'Fallon	3-0	9-1
Cahokia	0-1	3-8

Independents		
Team	Conf	Overall
Marissa	4-1	9-4
Lebanon	2-0	7-5
Robbie	2-1	11-12
Breeze C.	4-2	9-4
Columbia	3-2	7-5
Red Bud	2-4	6-10
Waterloo	2-4	6-10
Fremont	3-6	5-14
New Athens	1-5	3-10
Valmyer	0-6	0-13

METRO EAST SOCCER

Southwestern Conference		
Team	Conf	Overall
Granite City	3-0	10-2-1
Alton	3-0	8-3
Collinsville	3-1	9-3
Belleville East	2-1	7-3-2
Edwardsville	0-2	5-2-1
Belleville West	0-3	7-10
Lincoln	0-3	0-3-0

Mississippi Valley		
Team	Conf	Overall
Triad	4-0	5-1
Roxana	2-0-1	4-2-1
Wood River	2-2-1	3-4-1
Civic Memorial	0-3-2	0-7-2

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SPORTS**Class A**

(Continued from Page 1B)

and a quick read on defense, he has superior ball-handling skills. He is also a very bright young man — in the top 5 percent of his class — and that carries over onto the basketball court.

"He was our team leader. I could turn things over to him and know that he'd get the job done. He's done it all academically and athletically, and we're going to miss him at Columbia. He has been fun to watch and to coach."

Despite the recognition he has received for his basketball skills, Patton is quick to give credit to his teammates. His twin brother Shawn, last year's Illinois Journals Class A Player of the Year, was a first-team all-area selection this season.

"My brother and I did the scoring — that was our role on the team," Ryan Patton said. "But the other players on the team were the ones setting screens and picks, and getting the rebounds — those things that have to be done for us to win."

Patton is also high on his Madison counterpart.

"I just saw Baker play one game — the one at state — and that all it took for me to be impressed," he said. "He is extremely quick on both

offense and defense, is a true team leader and a great all-around ballplayer."

Baker, a 6-foot junior point guard, was the team leader of a Trojans squad that went 25-7 and narrowly lost to the state's No. 1-ranked small school in the Class A quarterfinals in March at Illinois Normal University High defeated Madison 68-60 and went on to place third at state.

"Everyone liked to have gone farther," Baker said. "The loss at Peoria was difficult to take. Personally, I would love to have had a shot at the state championship."

But, without Baker, Madison would have been nowhere near that game, not to mention Peoria.

Unlike Patton, Baker's role on for Madison was not to shoot and score, though he did just that averaging 17.7 points per game, 50 percent shooting from the field, 46 percent from 3-point range and 81 percent from the line. He also averaged 6.6 rebounds, 5.4 assists and four steals an outing.

Baker's rebound total is particularly impressive, since only five players among Class A Sweet Sixteen teams exceeded five boards per game. Baker's combination of

204 rebounds and 167 assists far exceeds the totals put up by some of the state's more honored guards, including former State of Illinois University, Shawna Jepson of Spring Valley Hall, Travis Lewis of Williamsfield, Bill Hinkle of Warsaw and both Kelly Custer and Brad Fischer of Nashville.

"I consider myself a balanced player," Baker said. "I work hard and do what my team needs me to do each game — scoring, or steals, or rebounds, or assists — whatever. There were games I didn't have to score, but I still went out and did the other things that needed to be done for us to win."

Baker's chief role was as team leader, and the Trojans' squad of mostly seniors looked to him for that leadership.

"At the beginning of the year, we didn't know who could be the team leader," Madison coach Al Collins said. "I knew he was skillful. I knew he had the ability to lead our team. But I wasn't sure if he could handle the pressure. But he grew into the role quickly. I thought he'd be a big classmate, but he proved himself tough enough and strong enough to take charge with

seniors. It was wonderful watching him grow. I watched him become very deliberate, very calm and cool under pressure. He reached his heart wanting the ball and watched the other players start going to him in the crunch. That's when I knew he could get the job done."

Baker was an All-State selection and was tabbed by some coaches and journalists as the premier guard in all of southern Illinois. And, as far as far as the Madison faithful are concerned, he's back in a Trojans uniform for yet another year.

Baker credits his coaches and teammates with his success.

"I played with confidence," he said. "because I knew the quality of players I was on the floor with."

Baker also had praise for Patton.

"The first time I saw him, I knew he was a great player," Baker said. "He played with a lot of confidence on the court. And he knew that nobody was going to stop him or there. That's what I think."

With Baker back for his senior season at Madison and Patton playing at nearby Washington University, area fans will have ample opportunity to see the two standouts in action again next season.



(Staff photo by JOHN FRESE)
Maurice Baker averaged 17 points per game this season in Madison's run to the state tournament.

Seniors

(Continued from Page 1B)

only season with Venice, but the stats don't tell the story of what he did for the team or for the 19-10 Red Devils.

"Marcus was the coach on the floor," said Venice coach Clinton Harris Jr. of Allen, a transfer from St. Louis. "He is 'He was our leader in every sense of that word. He made the other players play better.'

Allen's size and strength made him an intimidating force underneath, both offensively and defensively, but his quickness and ball-handling skills allowed him to move away from the basket to the perimeter. It made him extremely difficult to guard.

"Marcus could play any position on the floor, and did," Harris said. *****

ADAM MODDRELL, Freeburg: A 6-6, 195-pound senior, Moddrell averaged 17.6 points and 7.3 rebounds per game while shooting 56 percent from the field and 40 percent from the free throw line this year.

"Adam can score from the outside as well as the inside, which comes from his background in football," said Bill Bublitz,

said Freeburg coach Fred Blumberg. "He played with bigger guys, so he was forced to move outside and play other positions."

"It seemed like every game we could count on him for 15 points and seven rebounds."

Class AA

(Continued from Page 1B)

years, he's averaged about 18 points a game," McCrary said. "We didn't always have to look for him to score. He's a pretty good defensive player and he has quick hands. *****

JOSH HELBIG, Belleville East: In his junior and senior year starts, Helbig averaged 15.5 points, five rebounds, three assists and three steals per game.

"Kelly is very athletic and has a good understanding for the game," said Matt Scott, Olmstead said of Norwood, who will play next season at BAC. "I'm sure he'll play point guard; that's the position he's most suited for on the college level."

"He's a great penetrator, and as time goes on, he'll become a better passer."

KELLY NORWOOD, Massacouta: A four-year varsity letter winner, Norwood capped his prep career by averaging 17.8 points, 5.1 rebounds per game. He led the Indians with 81 assists.

"Kelly is very athletic and has a good understanding for the game," said Matt Scott, Olmstead said of Norwood, who will play next season at BAC. "I'm sure he'll play point guard; that's the position he's most suited for on the college level."

"He's a great penetrator, and as time goes on, he'll become a better passer."

Dougherty

(Continued from Page 1B)

"I think the guys always felt like Jimmy was really a team player. I know he was a big part of our team," said Bublitz. "Players always realized that he wasn't out for his own glory, he was just trying to win games."

"Jimmy was the kind of guy who made all the guys on the team better. As the year went on, he drew a lot of defensive attention. He would make good cuts with the ball. He would set screens to get other players open. He really sacrificed a lot."

Dougherty, who is headed to the University of Missouri on a football scholarship, played through plenty of adversity the last two seasons.

A year ago, he got a late start to the season because of a cracked bone in his ankle. He also missed some playing time with an elbow problem.

Both times, he came back stronger and faster to become an instant contributor.

This season, he got a late jump because of a separated shoulder he suffered in football. He also came back the very next game after taking an elbow in the mouth from Granite City's Dustin Brewer and losing a front tooth.

"He's come back a share of adversity this year," Waldo said. "He had his share of good times. I think he dealt with it well. I think it was the adversity or accolades, with grace and high character."

During his four years at Edwardsville, Dougherty gave the coaches he played for and his teammates many memories to cherish.

The same year-winning shot he sank his sophomore year against Centralia in the Carbondale Super-Sectional catapulted the Tigers to the Class AA state tournament and ranks as Dougherty's greatest basketball legacy.

Last season, the Tigers upset top-seeded Collinsville in the sectionals and reached the state.

The Tigers were on the brink of elimination when they trailed by six points with less than 20 seconds left. Dougherty made one of the best baskets that forced overtime, where the Tigers eventually won.

"Jimmy made a lot of good shots for us over the years," Waldo said. "I will remember and admire the most about Jimmy was his consistency and his day-to-day work ethic."

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Shocks, Struts, Transmission Service Available. Kelly, Firestone & Michelin Tires.

OIL CHANGE & FILTER
MOST CARS UP TO \$42.95
5 QTS.
EXPIRES 5/13/97
No Other Discount Valid With This Offer.

FRONT OR REAR BRAKE SPECIAL
INCLUDES TURN ROTORS OR DRUMS
\$59.95
EXPIRES 5/13/97
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MOS. CARS
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MOST CARS
\$29.95
EXPIRES 5/13/97
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TIRE ROTATION AND
WHEEL BALANCE
MOST
AMERICAN CARS
\$19.95
EXPIRES 5/13/97
No Other Discount Valid With This Offer.

HEY KIDS!
Elise keeps score with her Shell scorecard!

BASEBALL LIKE IT OUGHTA BE

Score with Shell
**How-to-Score Clipboard Night,
Fri., May 9 vs. New York, 7:05**

Get your clipboard & scorecard FREE* -at the ballpark!

All fans age 15 and under with a paid admission.

Order Tickets Today 421-2400



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NEWS

CALENDAR

Church

THE BLOOD OF THE LAMB PRAYER AND BIBLE STUDY. The public is invited to come for praise and worship at 10:30 a.m. every Sunday morning for your needs every Tuesday from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship, 1105 E. Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4024 or 1 (314) 868-1865.

CENTRAL CHRISTIAN CHURCH. 2026 Johnson Road, holds Sunday School, 9 a.m., and morning worship at 10:45 a.m. every Sunday. Everyone is welcome.

Bethel A.M.E. Church. Gospel Club invites you to their ANNUAL "MOTHER'S DAY CONCERT," 8 p.m., Saturday, May 10, 1997, at Bethel Madison. Special guest: Evangelist Renee Thomas, First Bible Fellow, East St. Louis.

Community

MITCHELL FIRE PROTECTION DISTRICT. 2 p.m., every Tuesday, 2 p.m., second Tuesday of each month, Mitchell and Old Alton roads.

NEIGHBORHOOD WATCH MEETING. 6 p.m., Monday, May 12, at the Venice Township Hall, 910 Madison, Madison. Bring a neighbor. Questions? Contact Alderman Alexis Lux at 451-1924.

Dance

BOOTS & SLIPPERS SQUARE DANCE CLUB, square dance lessons, 7 to 9 p.m., every Tuesday, 7 p.m., at the Crackin' Barrel, Caseyville. The cost is \$2.50 per person, per lesson. For more information, call 797-6528 or 314-4636.

Food/Nutrition

RESCUE MISSION. 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon every Saturday. Supervisor is the Rev. Verlonda Turner is the secretary and Alfred Turner is the pastor.

Health/Exercise

Bemis Chiropractic, 3361 Fehling Road in Granite City, offers FREE ELECTRIC SPINAL SCREENINGS from 9 a.m. to noon every Tuesday and Friday. Call 876-2273 for more information.

TAKE OFF POUNDS SENSIBLY. Chapter 2363, 6:45 p.m., every Thursday at the Granite City Recreation Center, 2900 Edwards St. For information, 797-6351 or 877-2784.

TOPS 2048. (Take Off Pounds Sensibly), 8 p.m. every Monday, Melvin Price Support Center in Granite City, 876-2124.

TOPS 1699. (Take Off Pounds Sensibly) will meet at 6:45 p.m. every Tuesday at the Anchorage Recreation Center, 2900 Edwards St., call 797-2724 for more information. Men and women are welcome to attend.

"CODEPENDENCY: THE FAMILY ILLNESS." will be the subject of a talk presented at 7:30 p.m., Saturday, May 10, at St. Elizabeth Medical Center's Pascal Hall. Warren Neal of the Behavioral Health System, will discuss how dysfunctional family members can have a devastating impact on the persons with whom they are close. The discussion is free and open to the public. Call the Resource Center at 798-3882 to register, or for more information.

Organizations

AMERICAN ASSOCIATION OF RETIRED PERSONS CHAPTER 1900. meets at Granite City Township Hall second Wednesday of each month. Doors open at 5 p.m. Refreshments served at 6 p.m. All

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Granite City Glass
1837 Madison Ave.
877-5400

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2105 Vandalia-Collinsville

seniors 50 and over are welcome. For information call 877-3020.

MEN'S FELLOWSHIP GROUP of Central Christian Church meets at 8:30 a.m. the second Wednesday of each month for breakfast and fellowship. For more information or location of meetings call 931-2096.

NAVY MOTHERS' CLUBS OF AMERICA. meet at 7:30 p.m. second Thursday of each month at the Veterans of Foreign Wars Post in Granite City. Mothers, fathers, spouses, children or grandchildren and present Navy, Marines, Coast Guard or Sea Bees are encouraged to join. For further information, call 931-2292 or 876-2209.

KNIGHTS OF COLUMBUS, 3RD DEGREE. 4225 Old Alton Road, 7:30 p.m., the second Tuesday of each month, 877-4250.

GRANITE CITY HIGH SCHOOL. 3101 Madison Ave., 451-5808, 7 p.m., second Tuesday of each month.

BENEVOLENT AND PROTECTIVE SOCIETY OF ELKS. Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m., second Tuesday of each month.

JOB'S DAUGHTERS BETHEL #43 meets at 7 p.m. the second Tuesday of each month at the Masonic Temple, 20th Street and Cleveland Boulevard.

KNIGHTS OF COLUMBUS, 3RD DEGREE. 4225 Old Alton Road, 7:30 p.m., the second Tuesday of each month, 877-4250.

GRANITE CITY KIWANIS meet at Shoney's at 7:30 a.m. every Tuesday.

TROY JOLLY QUILTERS, 9 a.m. to 2 p.m., every Thursday at the Social Center, 906 Thorngate Drive, Mitchell.

GRANITE CITY COMMUNITY BAND rehearsals, 7:30 p.m. to 9 p.m. every Tuesday at St. John United Church of Christ, 2901 Namoki Road, Granite City, 931-0443.

GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR meets the second Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

DOWNTOWN NEIGHBORHOOD RESTORATION SOCIETY, 8 p.m., second Friday of each month, Granite City, 876-7713.

QUAD CITY YOUTH FELLOWSHIP, meets 8 p.m. to 10 p.m. every Saturday of each month, 2257 Cleveland, 7 p.m., 931-3480 or 877-4848.

NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NARFE) Chapter 1067 meets the second Thursday of each month, except July and August at 11 a.m. at Charlie's Restaurant in Granite City. For more information call 876-8450.

PONTON BEACH SENIOR CITIZENS BINGO, every Wednesday, 11:30 a.m., 931-3480 or 877-4848.

SCHOOL OF METAPHYSICS, 7:30 to 10:30 p.m., every Tuesday, 8459 Rosan Place, St. John, Mo. 63114. Classes in applied metaphysics, call Melanie McManus at 429-0078.

Seniors

PARENTS

EAGLE PARK ACRE SENIORS OF BINGO, every Wednesday, 11:30 a.m., 931-3480 or 877-4848.

Want \$25,100 for college?

The Army Reserve can help you take a big bite out of college expenses.

How? By quality, the Montgomery GI Bill could provide you with up to \$7,124 for college or approved vo-tech training.

We'll also pay you \$107 a weekend to start. Training is usually one weekend a month plus two weeks' Annual Training. By adding the pay for Basic Training and skill training, you'll earn over \$18,000 during a standard enlistment.

So, if you could use a little financial help getting through school—the kind that won't interfere with school—stop by or call:

345-7874 or 878-5950



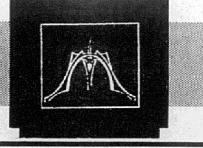
BE ALL YOU CAN BE.
ARMY RESERVE

Why Not Enjoy Your Retirement Years?

Located on 200 beautiful secluded acres, and just 15 minutes from St. Louis, the **Apartment Community** at the Shrine of Our Lady of the Snows offers the best in quality retirement living. Take advantage of our free scheduled transportation, including tours to many St. Louis and area attractions. Residents enjoy the Community's line dancing, classic movies, arts/crafts, or bingo - so you can "have it all." Come visit and meet our residents from 22 states and our dedicated, caring staff. You've worked hard all your life, why not enjoy the activities, security and love of the Apartment Community?



For more information without obligation
or to arrange a visit call
(618) 397-6700 or 1-800-533-6279



The Apartment Community

The National Shrine of
Our Lady of the Snows

ALCOHOLICS ANONYMOUS, 8 p.m., every Thursday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

(See CALENDAR, Page 6B)

Let television's favorite designing woman, CHRIS MADDEN, help you turn your house into a beautiful home.

CHRIS MADDEN'S guide to PERSONALIZING YOUR HOME



As seen on Oprah

SIMPLE, BEAUTIFUL IDEAS FOR EVERY ROOM

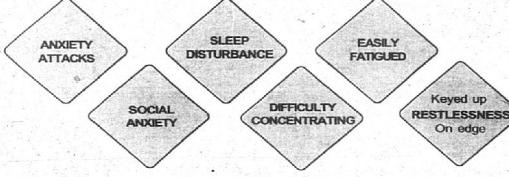
You discovered Chris Madden's warm, winning decorating flair during her appearances as a regular contributor to Oprah. Now you can bring home her tips and techniques for creating beautiful, personalized interior design and revitalize any room—simply, quickly and easily.

Perfect for Mother's Day

Clarkson Potter/Publishers

<http://www.randomhouse.com/>

Do you suffer from the signs of an anxiety disorder?



These may be signs of anxiety disorders, treatable mental illnesses that affect more than 28 million Americans each year.

That's why the professionals at Memorial Hospital are offering a free, confidential anxiety disorders screening as part of National Disorders Screening Day, held in cooperation with the National Mental Illness Screening Project.

DATE, TIME, PLACE
Wednesday, May 7, 1997
10 a.m. to 2 p.m. and 5 p.m. to 8 p.m.

Memorial's Mental Health and Counseling Services building, located northeast of the hospital's main entrance.

INFORMATION

For information about this program, call Memorial's Mental Health Information Line at 233-6700. In consideration of your privacy, you will not be asked for your name.

M MEMORIAL HOSPITAL
4500 Memorial Drive
Belleville, Illinois 62226



Southern Illinois Department of Transportation will be offering rides to and from Edwardsville 6:30 p.m., Saturday. The experience is intended for

Holiday Inn
LIVE BY THE WATER
WEEKEND
THURSDAY

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FREE PARKING
Come in
• 20-25 Gif...
• Beach Boys
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Modatocci
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Iced Gulf Sh...
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ENTERTAINMENT

Free experienced rider courses offered at SIUE Saturday

Southern Illinois University at Carbondale and the Illinois Department of Transportation will be offering free experienced rider courses at Southern Illinois University from 9 a.m. until 6:30 p.m., Saturday, May 10.

The experienced rider course is intended for those who have

motorcycle rider experience of at least one year, or 1,000 miles. The course is primarily designed to increase the participant's present skill level and develop greater awareness of potential risks.

Participants must supply their own motorcycle, helmet, eye protection, and proof of

vehicle insurance. Upon successful completion of the course, the participants will receive a course completion card which may entitle them to a discount on their motorcycle insurance.

To be eligible, the participant must:

*be a current Illinois resident, 16 years of age or older, and
*properly licensed to operate their motorcycle.

For registration or further information on the Motorcycle Rider Program, call 1-800-642-9589.

St. Cyril & Methodius Eastern Orthodox Church
4770 MARYVILLE RD. - GRANITE CITY
MONTHLY FISH FRY
ICELANDIC COD AND CATFISH
DINNER \$5.00
SANDWICHES \$3.75
FREE DESSERT AND COFFEE OR TEA WITH DINNER
CARRY-OUTS AVAILABLE

FRIDAY, MAY 9th, 4 to 7 P.M.

HIDE AWAY CAFE
(Formerly Last Resort)
GRAND OPENING
MAY 8TH
LIVE ENTERTAINMENT
BY LONESOME DOVE
8:00 - MIDNIGHT
Free Food, Plenty of Drinking
WED. & THURS.: KARAOKE
8:00 - MIDNIGHT
THURSDAY - LONGNECKS \$1.00
Open Seven Days A Week
3674 Hwy. 111, Granite City, 931-8637

KEEPSAKE COUNTRY SHOWS**CRAFT SHOW**
St. Charles Center
May 9, 10 & 11, 1997

1-70 & FIFTH STREET
NEW SHOW HOURS: Fri. 9:30 AM-9 PM
Sat. 9:30 AM-10 PM • Sun. 11 AM-5 PM

Featuring Live: KIX 106 Sat. 10:30-12:30PM
Play Radio Lotto, Win up to \$100,000
Also, Join Oldies 103 Rob Stewart Sat. 2-4PM
and Win Free KLOU Collectibles



FREE Admission

Come in for the Heartwarming Gifts for MOM & Register for the Keepsake Country Shows Gifts & Giveaways:
• 20+ GIFT Certificates for Mother's Day totaling \$100 from Dierberg's
• Gits & Gifts, McCormick's, Wal-Mart,
• Beach Boys concert tickets at Riverfront plus Pizza Hut Supreme Pizza
• Register for \$10 Gift Certificates totaling \$250.

Keepsake Country Shows • 314-837-0617

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Tickets To The Best Part Of Summer Entry Form Contest

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PURCHASE YOUR TICKET AT ONE OF THESE CONVENIENT LOCATIONS

Regal and Loew's Theatres are available at the Riverport Amphitheatre and at CAPITAL TICKETS ticket offices, including Farmers Bank, St. Louis Records, Wittenmyer Photohouse and at Schnucks, or charge by phone. *Tickets may be subject to a convenience charge.

Mall entries to: Suburban Journals

Deadline May 20

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RECYCLE NOW**

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At VILLA ROSE, we understand that making a move, at any age, is extremely difficult. Let us show you how to make those first steps to a secure, independent, affordable, and rewarding way of life.

- * 3 Meals daily (hearty breakfast and dinner, light lunch)
- * Housekeeping weekly
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Never A Cover In The Sports Bar

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BOB KIRKSEY & LARRY HAEGY

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Hockey, Basketball & Baseball Specials!

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LIVE ENTERTAINMENT UPSTAIRS • SPORTS BAR DOWNSTAIRS

Never A Cover In The Sports Bar

THURS MAY 8TH (In sports bar)

BOB KIRKSEY & LARRY HAEGY

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Iced Gulf Shrimp, Crisp Garden Fresh Vegetable Salads, Fresh Fruits & Melons, Assorted Domestic and Imported Cheese Tray, Selection of Relish & Pickled Dishes, Baked and Baked of Homemade Salads, Roast Peppered Rib Eye of Beef, Jardiniere Sauce, Roast Fresh Pork/Pan Gravy, Savory Cornbread Dressing, Fried Chicken, Roasted Turkey, Stuffed Turkey, Turkey, Dumplings, Spaghetti Carbonara, Pasta Con Broccoli, Mostaccioli, Homemade Meat Sauce, Snowflake Potatoes, Country Style Green Beans, Steamed Mixed Fresh Vegetables, Buttered Corn, Assorted Breads & Butter, Strawberry Shortcake, Assorted Pies, Layer Cakes, Puddings, & Cobblers.

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Dave Sorter

HOROSCOPE

Wednesday, May 7

The sun journeys into Taurus, bringing joy and trine with Mars, lending enjoyment to those everyday tasks Venus and the moon conjunct, allowing us to manifest our feelings in most satisfying ways. Continue in the afternoon, as the moon enters happy-go-lucky Gemini, a sense of levity sweeps over us, making us more irreverent and irreducible. Competition brings out your very best — so when friends wage a contest, join in!

ARIES (March 21-April 19)

Devotion to a winning attitude. Challenge yourself by setting achievable goals. Making a commitment could further your career later but will help the community now. Friends bring understanding through playful banter.

TAURUS (April 20-May 18)

Investments receive a substantial return. Expressing yourself through art brings you into contact with potential sweethearts. Homemakers juggling two or three challenging tasks simultaneously feel relieved with children without bias.

GEMINI (May 19-June 17)

You thrive in a fast-paced atmosphere. Keep up with your assignments, put down creative energy is being wasted on unnecessary material goods. Don't succumb to anything that will surprise and delight you.

CANCER (June 22-July 22)

Celebrate change — now, a romantic meeting is more probable. Let worries subside. You see other making money deals, but keep far away. Major decisions can wait. Singles: love at will surprise and delight you.

LEO (July 23-Aug. 22)

For permanent, ongoing success, don't rest on your laurels right now. Let senior company members advise you, but don't necessarily heed their words. Several new duties, opportunities or inquiries come your way.

LIBRA'S BIRTHDAY (May 7)

Hold on to your spirit, start your own. Try your spouse's ideas before saying they won't work. Affairs of the heart are reinforced.

SCORPIO (Oct. 24-Nov. 21)

Reversals could convince you to stay in a present job or a content career just a little while longer. You analyze, draw conclusions. Travel kills two birds with one stone. Your love does tricks for your attention.

SAGITTARIUS (Dec. 22-Jan. 19)

Your talents are far-reaching, but you've placed your emphasis on the ones that are the least likely to succeed. Gemini offers more than demands. Take advantage now because tomorrow, the tables turn.

CAPRICORN (Dec. 20-Jan. 19)

Stop trying to follow trends and start your own. Try your spouse's ideas before saying they won't work. Affairs of the heart are reinforced.

AQUARIUS (Jan. 20-Feb. 18)

You can find fortune in a nearly solid attitude about work and love commitments. Love is much more mature and less erratic. You are reassured of a friend's love when he or she cancels plans to be with you.

PISCES (Feb. 19-March 20)

You've felt hesitant to compete with those you care for, such as co-workers and colleagues. Your sense of optimism has been thwarted by a fear of losing trusted friends. Face fear, and claim your success.

ones. Giving in to a friend's suggestion makes for a better time than you think. Leave messages for distant family. Curb a feeble mood by chumming with friends. The evening favors romance.

LIBRA (Sept. 23-Oct. 22)

Your boss finds a new way to positively motivate you. Clean up your act, dress up, do something you need in tucked behind and forgotten. Get out of the house tonight. Offer your services to someone who is temporarily unavailable.

SCORPIO (Oct. 23-Nov. 21)

Reversals could convince you to stay in a present job or a content career just a little while longer. You analyze, draw conclusions. Travel kills two birds with one stone. Your love does tricks for your attention.

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Chamber offers assistance

The Tri-Cities Area Chamber of Commerce, 1831 Delmar Ave. in Granite City, offers economic development assistance, location assistance for businesses and industry, small business assistance, a small business research library, demographic information and general information about the communities of Granite City, Alton, and Vandalia, Edwardsville, and Mitchell.

R.C. Bush is the executive vice president of the chamber.

The telephone number is 876-6400.

BAR-B-Q BEACH PARTY

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Starts At 3:00 P.M. May 11th

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• Outdoor Portable Bars

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• Disposable Sale Items

• Umbrella: Frame & Pole Tents

• NY State Tables & Chairs

NEWS

•Calendar

(Continued from Page 4B)

ALCOHOLICS ANONYMOUS, 11 a.m. every Thursday, 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

AL-ANON, 8 p.m. every Thursday, Wellness Center, 2103 Iowa, 463-2429.

NARCOTICS ANONYMOUS, Seeking recovery, 8 p.m. every Thursday, 2016 Delmar Ave., 24-hour hot-line 398-9408.

SOUTHERN ILLINOIS DIVORCED AND SEPARATED CATHOLICS, second Friday of each month (September through May), 7:30 p.m., St. Boniface School, 128 N. Buchanan, Edwardsville.

HEREDITARY ATAXIA (a disorder of nerves found in the spinal cord and cerebellum) **SUPPORT GROUP** meets the second and fourth Friday of each month. Call Curt Williams, 877-5172, for more information.

AL-ANON meets 8 p.m. every Friday at the Nameoki Room in the basement at St. Elizabeth Medical Center, 463-2429 for more information.

ALCOHOLICS ANONYMOUS, noon and 8 p.m., every Friday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and/or alcohol abuse who are in recovery, meets every Friday from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-5600 for more information.

DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY will meet from 1 to 3 p.m., every Friday, at Woodstock Township Hospital, 2001 Nameoki Road. Alan Elam are the co-leaders. For more information call the DMDA office at (314) 776-3969.

AL-ANON ADULT CHILDREN, Providence, 2103 Iowa, 10 a.m. every Saturday, park in rear, no smoking, 463-2429.

ALCOHOLICS ANONYMOUS, 8 p.m. every Saturday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

NARCOTICS ANONYMOUS, Acceptance, 8 p.m. every Saturday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, 1:30 p.m. every Sunday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

NARCOTICS ANONYMOUS, Live the Steps, 8 p.m. every Sunday, 2016

Delmar Ave., 24-hour hot-line 398-9409.

ALCOHOLICS ANONYMOUS, 8 p.m. every Sunday, St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, noon and 8 p.m., every Monday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

AL-ANON, 9:30 a.m. every Monday, 2116 Club, 2116 Edison, Granite City, 463-2429.

CHEMICAL DEFENDERS RELAPSE PREVENTION group meets from 6:30 to 8:30 a.m. every Monday at the Edwardsville Health Center, 1123 University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 463-2429.

CHILD SEXUAL ABUSE VICTIMS of CHILD SEXUAL ABUSE, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. every Monday at St. John United Methodist Church, 2001 Nameoki Road. Call 798-5600 for more information.

BETTER BREATHERS, support group for those with chronic lung conditions, second Tuesday of each month, 1 p.m., Pascal Hall, St. Elizabeth Medical Center. Call 798-5600.

MASTECTOMY SUPPORT GROUP, 7 to 9 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, second Tuesday of each month, 788-3510.

ALCOHOLICS ANONYMOUS, 8:30 a.m. and 8 p.m., every Tuesday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS (women only), 8 p.m., every Tuesday, Presbyterian Church, Mitchell, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m. every Wednesday, St. John United Methodist Church, 2001 Nameoki Road, Granite City, 1 (800) 307-6600.

AL-ANON, 8 p.m., every Tuesday, St. John United Church, 2001 Nameoki Road, Granite City, 463-2429.

ALCOHOLICS ANONYMOUS, 8 p.m. every Saturday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

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ALCOHOLICS ANONYMOUS, 1:30 p.m. every Sunday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, Live the Steps, 8 p.m. every Sunday, 2016

Street in Belleville. For more information, call 234-0291.

NARCOTICS ANONYMOUS, Path to Recovery, 8 p.m. every Tuesday, 2016 Delmar Ave., 24-hour hot-line 398-9409.

Veteran Services

DISABLED AMERICAN VETERANS CHAPTER 53 will hold its service officer meeting from 10 to 3 p.m. today Wednesday at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 876-7818 for more information.

Other

ICE CREAM SOCIAL Saturday, May 10, 3-6:30 p.m. at Engelbert Hall, 10th & Washington, Madison. Sponsored by the activities committee of Madison Christian Church, Madison. Come and join in the fun and enjoy a dish of ice cream, an ice cream cone or a sundae.

MADISON COUNTY GENEALOGICAL GROUP, meets 7 p.m. every month, except January, at the First Congregational Church, 2001 Main, Madison.

EAGLES MILITARY 1128 BINGO, 1 p.m., second Thursday of each month, Hayes Mallory Community Building, 216 Crane St., Edwardsburg, open to public.

ALCOHOLICS ANONYMOUS, 8:30 a.m. and 8 p.m., every Tuesday, St. John United Methodist Church, Mitchell, 1 (800) 307-6600.

GATEWAY SOUNDS CHORUS, 7:30 p.m. every Tuesday at the Gothic Inn, 200 E. Main, Collinsville. For more information, call Joyce Greiner at 398-8843.

THE CIRCLE OF HOPE, a 12-step healing program for anyone whose life is affected by cancer. Information meets at 7 p.m. every Tuesday at the King's House on North 66th

For more information call 463-2429.

THE STRUGGLES OF KEEPING YOU FROM ENJOYING THE SPLENDOR OF SPRING? Whether in the driveway or garden, **GRASS-ON-DIRT** can make a positive difference in working through the issues. A 14 week session begins July 1. For more information, call 731-0818.

Wheat deadline set

Farmers have until May 31 to report their 1997 wheat and barley production to the Illinois State Service Agency. Reports will be accepted after this date with a late file fee of \$23.00 per farm.

Senior menus

tall.

Wednesday, May 7
Tuna salad, au gratin potatoes, brussels sprouts, wheat bread, chocolate pudding.

Thursday, May 8
Jumbo frank, baked beans, garden salad, bun, fruit cocktail.

Friday, May 9
Beef ravioli in tomato sauce, garden salad, Italian vegetables, wheat bread, brownies.

Tuesday, May 13
Barbecue boneless rib, parley potatoes, green beans, wheat bread, vanilla ice cream.

Wednesday, May 14
Beef ravioli in tomato sauce, garden salad, Italian vegetables, wheat bread, brownies.

Monday, May 12

Barbecue boneless rib, parley potatoes, green beans, wheat bread, vanilla ice cream.

Tuesday, May 13

Beef ravioli in tomato sauce, garden salad, Italian vegetables, wheat bread, brownies.

ORGAN

The monthly meeting was held on Saturday, May 3, at the Elks Lodge. Shirley Kinney, President of the Elks Ladies Auxiliary, opened the meeting with a prayer. The meeting was presided over by Dorothy Kline, Vice President. Dianne Dittman, Shirley Gandy and Bernie Brinza were present. St. Patrick's Day was celebrated with a special meal.

The Elks Auxiliary Easter Egg Hunt will be held on Saturday, April 12, at the Elks Lodge. The hunt will be held from 10 a.m. to 12 p.m. for children 12 and under. Refreshments will be served and photos taken.

Kinney stated that the Easter Egg Hunt will be colored and a basket will also be held for the winning child.

For more information contact Shirley Kinney at 463-2429.

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- Birth Injury
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DOCKERS® KHAKIS FOR WOMEN

PANTS \$29 | SHORTS \$22
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Choose from Dockers® Pleat Front or Flat Front Twill Pants and Shorts in khaki, doeskin, black, and navy.

WOVENS SHORT SLEEVE & SLEEVELESS

20% OFF

ENTIRE REGULAR PRICE STOCK

Choose from plaids and solids in button or zip fronts from vendors like At Last®, Krazy Kat®, and Angelique®.

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ENTIRE REGULAR PRICE STOCK

Save on a great assortment of patterns, stripes, and solids from Jamie Scott®, It's Our Time®, Big City®, and more.

BELLEMORE CENTER

MON-SAT, 9:30-11 SUN., 12-6

GLIK'S CHARGE VISA MASTERCARD DISCOVER



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Please Join us For Our Grand Opening Celebration

Saturday, May 10th 9 AM to 4 PM



MEET THE ST. LOUIS RAMS CHEERLEADERS
12 PM to 2 PM

Stop In To Register For
DRAWING FOR
FREE DISHWASHER
HELD AT 2:00 PM
MAY 10

GRAND OPENING SPECIALS

STARTING AT:

WASHERS	\$369	DELIVERY
DISHWASHERS	\$269	HAUL AWAY
RANGES	\$359	FACTORY SERVICE
REFRIGERATORS	\$439	2ND YEAR LABOR
		INSTALLATION except built ins

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All other frames 25% off.

Here's something you don't see every day: Top brand name frames at 50% savings! For a limited time only, choose from a wide variety of brand name frames at 50% off when you purchase a complete pair of prescription glasses (frames and lenses) at PearleVision. Plus, save 25% on all other frames. Visit us today—not only for the best selection, but also for the latest technology and superior eye care that you get every time you come into PearleVision.

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Eye exam available from Julie Sawyer, O.D.
All optometric services performed by a state licensed Optometrist.

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The facts about
Lawn Watering
from the experts at
FRANK'S®
NURSERY & CRAFTS
Where Beautiful Things Begin

Now that we're well into the month of May, the all-too-familiar subject of lawn watering has come up again. We've discussed this several times in the past, but since it's such an important topic, it's worth a little refresher.

How often, how long, when? These three questions always pop up when the conversation gets on lawn watering. Various theories abound, and we'll clear things up once again.

How often? Once a week is best, provided you give the lawn a good, thorough soaking. By thorough, we mean an inch to an inch-and-a-half per week. The roots of the plant need moisture, and if you merely water lightly every day, the roots won't get wet. And dry roots will lead to dry grass.

How long? Easy. Place a coffee can or two in the sprinkler's path. Stop the sprinkler after fifteen minutes and measure the depth of the water in the can. Multiply by four and you'll know how much water your sprinkler delivers in an hour. Of course, there's a leakage inside the house and evaporation will play a role, but it'll give you a general guideline.

When? This can be the toughest of all. Watering during mid-afternoon heat won't help much, although it may appear that lawns are craving water. If you water in the afternoon, too much water will evaporate away before it has a chance to reach the roots. This leads to wasting water and longer sprinkling.

Evening is a favorite time for many, since it's cooler then. Although it's better than mid-day, it's still not ideal. Water can linger on the grass blades too long, inviting diseases. That doesn't leave much time left except for the middle of the night or early morning. And that's the best.

Unfortunately for many, it's not the most practical. Getting up at three in the morning to water the lawn doesn't cut it. You could, however, purchase a programmable water timer.

All the watering accessories you'll need are as near as Frank's!

Watch Sunday's Journal for more tips from the experts at Frank's!



A stroke can change your life forever

NEWS

• Organizations

(Continued from Page 7B)

Least coin was also read by Louise Potillo. The title was "The Women Voices of Jesus".

Those attending the meeting were Kathleen O'F. Koenig, Linda Morris, Eula Davis, Louise Potillo, Alice Best, Norma Chesterman, Ethel Lerch, Mary Rouland, Marcia Lieurance, Judy Lieurance and Terri Davis.

The meeting ended with the Lords Prayer Eagles Auxiliary Dist. 7/Eagles Auxiliary District 7 meeting was held in Collinsville March 9, 1997.

Attending from Granite City were Joanna Spencer, Ann Pates, Susan Allen, Martha Simpson, Mary Church, LaVerne Malzynski and Linda Zerahn. Collinsville present members welcomed all members and had the conductor escort the visiting state officers, charity chairman and state past president. They were presented with gifts.

The meeting was then turned over to the District 7 officers.

District Director Vivian Tosi of Collinsville opened the meeting.

There were two candi-

dates from Collinsville and they were initiated.

Secretary Rita Cuoco read a letter from three Granite City members, Angie Buelow, Florence Hagan and Vickie Zeman, asking the District to support the nomination of Joanna Spencer for State Outside Guard at the State Convention in June.

District members approved the donation of \$50 for the Carol Miller benefit dance to be held in Granite City on April 5. Granite City President Susan Allen thanked the district for their donation.

The District also approved donations to the State project of \$150 and the Golden Eagle project of \$100. The Golden Eagle donation is for a library grant for Wood River.

The Collinsville Auxiliary honored the church and there were four present. They were escorted to the altar and presented with a gift.

Granite City Auxiliary had the most members present and Jerseyville received the traveling trophy for having the most present percentage.

The meeting was then adjourned. Refreshments were served by the Collinsville Auxiliary Navy Mothers Club/Navy Mothers Club No. 850 met at China Buffet for dinner. Favors in the shape of Easter baskets made from plastic canvas were made by Mary Korcog. After dinner the group met at the China Buffet to attend their regular meeting.

The meeting was called to order by Commander Mary Ann Rollberg. All present gave the Pledge of Allegiance. The Pledge was given by Edna Miller, who gave the opening prayer and Navy mother gave the Navy Mothers Preamble. Minutes of the previous meeting were read and approved. A thank you card was received from Gerald Miller, thanking the Navy mom for his Christmas gift. No bills were received. Finance Officer Nina George gave the finance report, and the report was referred for audit. Edna Miller reported Marian Lipscomb is still confirming her home because of illness. No other illnesses were reported. A get well card was signed by all present and sent to Marian Lipscomb.

Memorial Hospital, Illinois State Navy Mother Commander, reported that she received an invitation to attend and place a wreath at Abe Lincoln's Tomb to be held in Springfield and was planning to attend the ceremony.

Nina George, Illinois State Navy Mother Past Commander and Edna Miller, Illinois State Navy Mother Club Adjutant, will also attend the ceremony.

Chaplain Edna Miller offered the closing prayer. Mothers then gave the Navy Mothers Pledge. No further business. Commander Mary Ann Rollberg adjourned the meeting.

The members met in Collinsville for dinner April 10 and then return to Granite City for their regular meeting.

Prayer Day a success in the area

By Kimberly Haas
Staff writer

Strangers and friends alike gathered outside of the Fairview Heights Municipal Complex for the National Day of Prayer.

About 30 people attended the event, which was just one of many across the country Thursday.

The small group celebrated by singing and reciting prayers of inspiration during the 30-minute ceremony. Around the nation, individuals gathered at the same time in various locations, celebrating the day of prayer in their own way.

In Fairview Heights, residents, city and church officials took part in the event and were issued a challenge by Rev. Doug Nicely, who officiated over the ceremony.

"The challenge is from the National Day of Prayer office in Washington, D.C.," Nicely said. "They want you to adopt a leader; somebody to pray for. It's a prayer project."

Nicely said the leader could be someone like an elected official, who could be communicated with through postcards over the next 12 months.

The National Day of Prayer is held on the first Thursday of every May. Nicely said, and the date was designated as such over 10 years ago.

The Fairview Heights Clergy Association has been observing National Day of Prayer for the last couple of years, Nicely said.

"It's been very well-received. We appreciate Mayor (Gail) Mitchell's openness and allowing us to have this on the front steps of City Hall," Nicely said.

By Tom Strong
By the way species (SUVs) are would think we roads at the top But that's not being driven they are essential trucks, the ones show up in high gas models are used like base them on can

A whole new small sport-utility vehicles have their roots Outbacks from S. Subaru has seen sales rise to recognize give them a spot models in both

The Impreza derived from the S. It looks much of a complete frame, new grill and headlights bring a bolder, more Rally Champion bold, energetic look.

Under the hood engine with intercooler. True to Suburban horizontal cylinder similar to a V6, but advantage to of greater in-line design.

Subaru devotees sound engine, it's a full automatic trans out.

According to S.

JUS

Oh, those achy, breaky joints.

Pain, inflammation, brittle bones, degeneration of the joints. Sound familiar? These are just a few of the symptoms associated with joint diseases such as arthritis and osteoporosis.

Achy, Breaky Joints is a community education program that will give you an opportunity to have your questions answered about osteoporosis, arthritis and other related joint diseases.

If you're concerned about your inability to do certain everyday activities or you haven't been able to exercise because of joint pain come to this program. *It just might help improve the quality of your life.*

Speakers:

- Donald Serot, MD, Orthopedic Surgeon
- Judith Wuller, MD, Internist
- Don Courtial, PT, Director, Rehab Services
- Cathy Mitchell, PT, Physical Therapist
- Angela Weeks, RD, Registered Dietitian
- Eva Winkeler, PT, Physical Therapist
- Daphne Ciuffo, OT, Occupational Therapist

or two and it'll take care of that. Set out a couple of sprinklers at your convenience and they'll come out at the pre-set time. Make sure the sprinklers are securely in place, though; you don't want one to tip over while it's running in the middle of the night.

Also, make sure that the sprinklers aren't too close to trees or shrubs, or wind popping up can send water into an undesirable location, such as an open window. It's a good idea to run the sprinkler in its planned location for a little while, watch what happens and adjust accordingly.

Naturally, if any water restrictions are put into effect, they must be strictly adhered to.

Wise water use benefits everyone. And proper lawn watering is using water as wisely as you can.

Tired of replacing hose couplings after they've been driven over? Pick up a hose reel. You can wind the hose up after each use and it'll be out of the way, off the lawn and/or driveway.

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AUTOMOTIVE

Impreza

Outback Sport
is versatile,
rugged
looking

By Tom Strongman

By the way sport-utility vehicles (SUVs) are selling you would think we all live on dirt roads at the top of a mountain.

But that's not so. Most SUVs seem to be built for off-roading being driven like cars. Since they are essentially fancy trucks, the penalty for driving them shows up in initial cost and high gas consumption. If they are used like cars, why not base them on cars?

A whole new generation of small sport-utility vehicles based on SUVs like the RAV4 and Honda's CR-V have their roots in sedans, as does the pair of Outbacks from Subaru.

Subaru has been building four-wheel-drive sedans and station wagons for years, so it was easy to repackage them with styling touches that give them a sporty personal touch. The Outback models in both the Legacy and Impreza line.

The Impreza Outback Sport that I drove is derived from the compact Impreza station wagon. It has the steep roofline of the sedan, but it looks much more aggressive this year because of a complete face lift. The front bumper gets a new grill and cooling vents, while a scoop on the hood brings in fresh air. The front end design borrows heavily from Subaru's successful World Rally Championship racers, and it adds to the bold, energetic look.

Under the Sport's hood sits a 2.2-liter, four-cylinder engine with 137 horsepower. (The standard engine is a 1.8-liter with 115 hp.) According to Jiro Tsuchiya, Subaru's chief engineer, the engine has two horizontal cylinders on each side, a "boxer" layout similar to a Volkswagen Beetle or Porsche 911. A key advantage to this configuration is a low center of gravity. On the contrary, the exhaust has a raspy sound and the engine is not as smooth as an in-line design.

Subaru devotees likely will find the engine's coarse sound endearing, while others may be put off by it. I fall somewhere in the middle. The automatic transmission seems to smooth things out.

According to Subaru, power is transmitted to all



four wheels through a grapefruit-sized transfer mechanism inside the transmission. This resembles a simplified version of Audi's Quattro system, and it sends power to the wheels with the most traction. Most of the time you can't feel it working, but when things get slippery, it holds on like a sled dog.

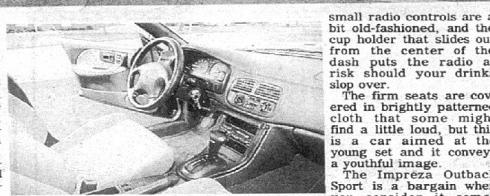
Even though the Impreza Sport sits tall and looks tough, it is not really meant for off-road use.

The transmission has no extra-low gears, for example, and the ground clearance and front and rear overhangs limit its mobility. For tooling down gravel roads or even moderately rough dirt lanes, however, it works quite well.

What makes it so appealing is the easy-folding back seat and roof-mounted luggage rack. Young families who do a lot of camping or other outdoor activities will love it, since it is easy to throw gear into.

Even though it sits tall, the Impreza Outback Sport rides comfortably and never feels as if it is cornering on tip-toes. Zip down the highway and you feel as if you are in a small sedan, although the noise level is a tad greater.

The interior is pleasant but simple. The



small radio controls are a bit old-fashioned, and the cup holder that slides out from the center of the dash puts the radio at risk should your drink slosh over.

The firm seats are covered in brightly patterned cloth that some might find a little loud, but this is a car aimed at the young set and it conveys a youthful image.

The Impreza Outback Sport is a bargain; you could buy it with

with all-wheel-drive, anti-lock brakes and station-wagon versatility for less than \$20,000.

The base price of our test car was \$17,995. Power windows and locks, AM/FM stereo cassette, rear window defroster, anti-lock brakes and air conditioning are all standard.

The basic warranty is for three years or 36,000 miles.

Point: The Impreza Outback Sport is a compact station wagon with all-wheel drive, anti-lock brakes and an economical four-cylinder engine. It is versatile and rugged looking, yet it has the charm of a classic car.

Counterpoint: Some might find the engine note dominant, especially with the radio.

The radio could have better controls, and relocating the cup holder would keep drinks from spilling onto the radio.

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Very well-received Mayor Dennis and this on the "Best of Louisville" list.

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Workshops may be taken for undergraduate and graduate credit, or on a noncredit fee basis. Workshops of varying times and lengths are as follows:

One Week (or less) Workshops:
Band and Directors Weekend Workshop, June 12-14: John Bell, professor of music and director of band activities, will lead discussions of literature, conducting, and rehearsal techniques. Guest clinician will be Wayne Iams, five-time Colorado State Marching Band champion director.

Young Voices Symposium, July 28-Aug. 1: Nationally known experts will help participants deal more effectively with problems of the young singer, conducting, and materials and techniques appropriate to elementary, middle, and secondary school students.

Jazz Education, July 28-Aug. 1: Led by Jazz Studies Professor Jim Stamps, this workshop for current and prospective junior and high school band directors, covers basic jazz improvisation, small and large jazz ensemble performance, arranging tips, survey of jazz teaching resources, jazz festival competition, and computer technology applications. The workshop is designed to help teachers develop and improve school jazz ensemble performance.

Two Week Workshops:

The Arts and the French Revolution, May 27-June 6: Conducted by Music Professor Steve Brown and Historical Studies Professor Eric Jacobson, the workshop looks beyond events of the revolution and on to its intellectual and cultural background, while viewing works of arts as active players in creating the meaning of the revolutionary moment.

Music in the Middle, June 9-19: Assistant Music Professor Renée Eaton leads this workshop on music methods and techniques for middle school and junior high music educators. Can be taken for in-service or graduate credit.



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Today's Food

Wednesday, May 7, 1997

Food & Nutrition

Wise Ways

Dropping spice or garlic into oil is not a good long-term plan in home kitchen.

INSIDE

Heart-y Bites

When family fetes Mom at the fill'er-up buffet, enjoy the special occasion with a simple eating plan in mind.

INSIDE

Blue Ribbon Cook

Toss together a salad at the last minute with a combination of rice, greens, other vegetables and an easy salad dressing with a hint of Oriental flavor.

INSIDE

Private Label Test Run

Pasta under President's Choice label offers taste of Italy.

INSIDE

Micro Raves

Give out easy snacks at party time by the tray, by the plate or by the bag.

INSIDE

Lively Taste

A broad range of Mediterranean flavors includes garlic, basil, oregano, parsley, bay leaves, fennel, marjoram and rosemary. Besides flavoring savory tomato sauce and pasta, they can be paired with fresh lemon juice and sprinkled on steamed vegetables and fish.

Health & Fitness

Medicine Chest

Resources for treating depression, even on a short-term basis, is available at all ages.

INSIDE

Fresh Picks

From the 'Asparagus Festival Cookbook' (Celestial Arts) comes Warm Oriental Asparagus Slaw. Cook and coarsely shred 1 pound fresh asparagus. Mix with 2 cups each shredded red cabbage and shredded napa cabbage, and 1/4 cup each diced red onion, diced water chestnuts, chopped roasted peanuts and chopped fresh cilantro. Heat 3 tablespoons vegetable oil with 1 tablespoon each sesame oil, soy sauce, seasoned rice wine vinegar and dry sherry, and 1 clove garlic, pressed, until hot. Toss hot dressing with asparagus mixture. Garnish with sesame seeds. Serve immediately.

Big Fat Tip

The original fat level in ground meat makes a difference in how much fat can be removed. With each reduction from regular ground beef to 20 percent fat, 15 percent fat and 10 percent fat, the fat content of a standard 3-ounce portion is reduced by 3 grams. The leaner the meat, the smaller the effect. Blotting each side of a burger 30 seconds on paper towels lowers fat about 1 to 2 grams, while the fat content of drained crumbled meat on paper towels may drop at least 4 grams. Rinsing crumbled ground beef in a fine strainer or colander reduces fat content in each three-ounce portion at least 4 grams.

Future Shop

Here is the U.S. take on steak, according to the National Cattlemen's Beef Association. Steak is most often eaten as a base dish, 'as is' rather than an ingredient in other dishes. The most popular steaks bought for home cooking are sirloin, round, porterhouse/T-bone, and chuck. The fastest-cooking steak, thin-cut round tip (1/8 to 1/4-inch thick), is often called 'sandwich,' 'breakfast' or 'minute' steak. The most expensive steak comes from the chuck area, the most expensive from the tenderloin and short loin. Leanest steaks include cuts from the round or the loin.



Yea, Mom!

By Janice Denham
Staff writer

Mothers come in all sizes, shapes and relationships, but their loving ways make them like no other person on earth. They put up with shoes insistently put on the wrong feet, smudgy fingerprints on their hearts and favorite sofa, and don't ask to be called Ms. Wonderful through it all.

Still, if someone wants to paste a little gold star on their lapel on Mother's Day, they don't object.

To celebrate multiple generations of moms a family often takes them out to a restaurant for a meal on Mother's Day, then settles back at one home for dessert. Or maybe the routine is brunch, with the rest of the day free to be enjoyed individually.

For either event, the accent is on making an easy day of it for the cook and an enjoyable time for everyone.

These recipe ideas appeal to those who watch their calories at the same time they keep an eye on children. They use cherries in one form or other, too.

If an extra gift is in order, here are a few ideas:

- Appeal to a gardening mom with a new tool or colorful pot. A few flowers ready to plant in the garden add color and surprise. Herbs give the imaginative cook fresh incentive.

- Give her an IOU for time off, plus a bath soap, after-shower spritz, spray scent or lotion in a colorful trinket box. Pack it in potpourri for aroma.

- For the healthy-spirited mom who stores snacks in her desk, pack an insulated lunch bag with individual boxes of raisins, low-fat crackers, pretzels and hard

SEE MOM, INSIDE TODAY'S FOOD PAGE 2

Kids' Cuisine

STRAWBERRY TART

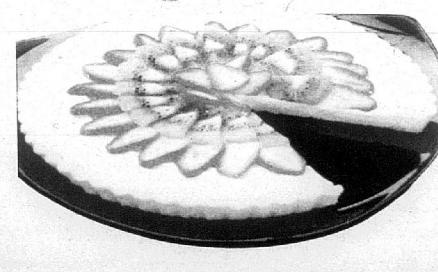
With help, kids can make a simply gorgeous dessert for Mother's Day, particularly when it is a strawberry delight.

Key Lime Strawberry Tart: Unfold, flour and bake 1 refrigerated pie crust according to package directions for a one-crust baked shell, using a 9-inch pie pan or, as shown, a 9-inch tart pan with removable bottom. Cool completely. Combine 3/4 cup sweetened condensed

milk and 1/4 cup lime juice. Mix well. Fold in 1 cup whipped cream or whipped topping. Spread in cooled crust. Refrigerate 2 to 3 hours. Just before serving, top with 1 cup sliced strawberries and 2 kiwifruit, peeled, cut in half and sliced.

Strawberry Shortcake Tarts: Unfold and flour 2 refrigerated pie crusts according to package directions. Cut four 4-1/2-inch circles from each crust. Press circles floured-side down into 8 ungreased muffin cups, letting sides gently overlap edges. Generously prick bottom and sides with fork. Bake in preheated 450 degree oven 9 to 11 minutes until light golden brown. Cool completely. Combine 1-1/2 cups sliced strawberries with 1/4 cup strawberry preserves and spoon into tarts. Garnish with whipped topping or cream.

Chocolate Berry Dessert Pizza: Unfold and flour 1 refrigerated pie crust according to package directions. Place floured-side down on cookie sheet. Fold edge under 1/2 inch, then flute or pinch edge. Generously prick crust with fork. Bake in preheated 450 degree oven 9 to 11 minutes until light golden brown. Cool completely. Beat 1 package (3 ounces) cream cheese, softened, with 2 tablespoons sugar and 1/3 cup hot fudge topping until smooth. Spread on cooled crust. Refrigerate at least 1 hour. At serving time, top with 3/4 cup sliced strawberries.



Today's Food

Private Label Test Run



President's Choice pasta at Schnuck Markets comes in a variety of shapes.

Eating 'Italian' means hot pasta for many meals

One of this week's testers of President's Choice pasta is like many lovers of Italian food. One night a week is "pasta night" at his home.

He took home a 16-ounce package of Splendido tricolor rotini. His wife made her regular big-on-tomatoes and light-on-meat sauce as their Monday-night special.

"It wasn't sticky, like some pasta gets. It wasn't clumpy," he said. "Pasta is kind of pasta and we didn't

see a lot of difference, so we figure that if the price is right, we'd buy it."

The price for each 16-ounce package is \$1.19. The product also comes in linguine, and different thicknesses of spaghetti. President's Choice is considered a premium-quality product. Only pasta under the Schnucks label cost less at the regular price.

The shapes were added incentive for his two-year-old son Tom to enjoy the

"He thinks shapes are great and easy to pick up with his hands," he added.

The leftovers were enough for a second meal, which was reheated without any problem with the pasta.

Another tester tried linguine. She added a light meatless cream sauce.

The third tester, this one for farfalle (bow ties) did not have as much success when she did not add oil.

Medicine Chest

By REBECCA COLEY

Depression may affect women as age progresses

Depression affects more women than men. Experts suspect as many as six million older adults may suffer from depression, yet only 10 percent ever receive treatment. This is most likely because patients themselves do not recognize the symptoms or mention them to their physician.

It is often difficult to set apart normal life differences from true depression. Life progresses to

offer more challenges and difficulties. Often these are viewed as a normal part of life and not a medical condition requiring treatment.

Actually, as many as 25 percent of our elderly patients may experience major depression. For women, living longer offers more opportunities to experience death of a spouse, being alone and chronic illness, which increases their exposure to depression.

Researchers have found older adults respond quite well to treatment. More than half respond to antidepressant drug treatment and those who are mild to moderate depression benefit from psychotherapy.

Drugs recently marketed are more effective because they better target specific areas of the brain. While the data are promising, drug therapy is not without risks.

Mom

Continued from page 1C. Candy to take to work.

If she likes to entertain, run with the idea of impending warm weather to give her a big plastic tray for carrying multiple dishes to the party. On a tablecloth, an insect-repelling candle or a straw hat so she can cover her face when she naps in the hammock while the family fixes dinner.

A booklet of IOUs makes sense, no matter how old or young the giver is. Maybe they promise a day taking an older mom to visit cousins, baby-sitting for younger children in the family, packing one's own lunch for a week or paying for a phone call home from college without parental aid.

Drink up a cool drink, like Cherry Fizz, while enjoying photos of a recent trip or family event.

In a blender, puree 1 cup cherry juice blend and 2 cups frozen unsweetened cherries until smooth. Add 1 can (6 ounces) undiluted frozen lemonade concentrate and 1 to 2 ice cubes. Blend until smooth. Pour into 2-quart pitcher. Stir in 1 can (12 ounces) lemon-lime carbonated beverage, chilled. Serve immediately. Garnish with oranges slices and maraschino cherries.

A spicy fruit combo makes a refreshing salad or dessert. Start by combining 1 cup dried tart cherries, 1 can (11 ounces) mandarin orange sections, drained, and 2 kiwi fruit, peeled and sliced.

In a small bowl, combine 1/4 cup orange juice, 1/4 cup confectioner's sugar and 1/4 teaspoon cinnamon. Toss with fruit to coat it well. Chill, covered, at least 2 hours to blend flavors. Sprinkle with 1/4 cup sliv-

ered almonds, toasted, before serving.

CHERRY CRISP COFFEECAKE

2 cups flour
2 tsp. baking powder
2 tsp. cinnamon
6 tbsp. margarine, softened
1 cup sugar
1/2 cup York-free egg product
1 tsp. vanilla
1/2 cup skim milk
1 can (21 oz.) cherry pie filling
1 tsp. water

Preheat oven to 350°. Grease 9-inch springform pan.

In medium bowl, combine 1 1/4 cups flour, baking powder and 1 teaspoon cinnamon.

mon.

In large bowl, using electric mixer on high speed, beat 5 tablespoons margarine and 1 cup sugar until creamy. Blend in egg product and vanilla.

On low speed of mixer, gradually add flour mixture alternately with milk until well combined. Spread in prepared pan. Spoon pie filling over batter. Bake in preheated oven 40 minutes.

Meanwhile, combine remaining 1/4 cup flour, 1/4 cup sugar and 1 teaspoon cinnamon. Cut in 1 tablespoon margarine until mixture resembles coarse crumbs. Stir in water. Sprinkle on top of cake.

Bake 15 to 20 minutes longer until toothpick inserted in center comes out clean.

Cool in pan on wire rack 25 minutes. Remove outside ring of pan. Serve warm or at room temperature.

Makes 12 servings; 270 calories, 6 g fat and 88 mg sodium each.

ROASTED VEGETABLE STRATA

2 cups chopped asparagus (8 oz.)
1 cup sliced carrot
1 cup chopped onion
1/2 cup chopped red bell pepper
2 cloves garlic, minced
6 slices reduced-calorie whole wheat bread, cubed
1/2 cup York-free egg product
1 cup skim milk
2 cups chopped fresh basil
3/4 tsp. pepper
1/2 cup (2 oz.) reduced-fat shredded cheddar

cheese

Preheat oven to 425°. Grease baking sheet and 9-inch square glass baking dish.

Arrange asparagus, carrots, onion, red pepper and garlic side-by-side on prepared baking sheet. Bake in preheated oven 25 to 30 minutes until lightly golden. Reduce oven temperature to 375°.

Place bread in bottom of prepared baking dish. Top with vegetables.

In medium bowl, combine egg product, milk, basil and pepper. Pour over vegetables. Bake in 375° oven 35 to 40 minutes until puffed and light golden. Top with cheese last 5 minutes of baking.

Serve immediately. Makes 8 servings; 118 calories, 2 g fat and 266 mg sodium each.

Heart-y Bites

By TERRI EDELMANSTEIN

Chef Stuffyerface's buffet once — won't kill me quick

Mother's Day in my family comes amid birthdays, anniversaries and other celebratory events. To recognize the occasion, we will forgo cooking and head for an all-you-can-eat lunch. This year Dad made reservations at a favorite spot, Chef Stuffyerface.

I recall the last brunch I attended there. I was most uncomfortable after large amounts of rich food.

This Sunday I vow to follow a better strategy. My first trip to the bountiful table will be for shrimp cocktail and smoked trout surrounded by baby greens with a drizzle of feta and Roquefort dressing. I'll pass up macaroni salad, bagels with cream cheese and drippy oil-based salads.

I won't miss them, because they come a dime a dozen anyway.

My brother asks for an omelet prepared by Monique Stuffyerface to be booked for Mother's Day, here is an easy pasta dish from "Cook Healthy, Cook Quick" (Oxford House, 1994) to serve as a main course at a home brunch.

Registered dietitian Terri Edelman is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

After this I probably will no longer be hungry, but the dessert table will be calling my name louder than any call to mommy. I will choose a very decadent chocolate-something. After all, this is a special occasion and one rich dessert in a week of sensible eating will not result in overnight heart disease or weight gain.

Leaving the food fest fully satisfied, I'll take a brisk walk to check out the May flowers. If I eat any dinner, it will be light and much later. Monday morning I'll wake up and have a few sets of visiting in my family, not stuffing myself and the delicious taste of my sample of fudge mousse torte.

Should Chef Stuffyerface be booked for Mother's Day, here is an easy pasta dish from "Cook Healthy, Cook Quick" (Oxford House, 1994) to serve as a main course at a home brunch.

Combine cooked fettuccine and broccoli mixture in large bowl.

Combine Italian dressing, mayonnaise, horseradish and pepper. Stir with pasta mixture. Gently stir in tomato.

Cut chicken in strips 1/2 inch wide. Arrange evenly over salad.

Yields eight (1-cup) servings, 196 calories, 5 g fat, 22 g carbohydrate, 18 g protein, 39 mg cholesterol, 238 mg sodium and 3 g fiber each.

CHICKEN AND FETTUCCINE SALAD

6 oz. uncooked fettuccine, broken in half

Blue Ribbon Cook

Spinach-Rice Salad can be ready to mix

Tracy Sidenstricker, St. Louis County, is the winner of this week's Recipe contest for Spinach-Rice Salad. Her prize is dinner certificates at the Pasta House Co.

This makes a handy make-ahead party salad. Rice and dressing can be prepared ahead, then mixed with the remaining ingredients.

Recipes in the Macaroni and Spaghetti Recipe Contest should be postmarked by May 31 for consideration as winner each Wednesday in June.

Send in one recipe per household for any kind of dish that includes macaroni or spaghetti, prepared to serve cold or hot. Send it to: Macaroni and Spaghetti Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Type or print the recipe legibly on one side of the paper. Include name, address and telephone number for the entry. Name the recipe you received.

Be sure to double-check the recipe as it is written for both amounts and directions, including any variations that make this dish special.

If there is a history to the recipe, it will be considered part of the entry.

SPINACH-RICE SALAD

8 oz. fresh spinach, well washed, torn in 1 inch pieces
1 pkg. (6 oz.) long grain and wild rice
1 pkg. Italian salad

dressing mix

1 1/2 tbsp. soy sauce
2 tbsp. sugar
1/2 cup sliced celery
1/2 cup green onion
1/2 cup (up to 8 slices) crisply cooked, crumbled bacon

Prepare long grain and wild rice according to package directions. Cover. Refrigerate.

Prepare salad dressing according to package directions. Cover. Refrigerate.

These two steps can be done the day before serving.

Add soy sauce and sugar thoroughly to mix.

In large bowl, combine chilled rice, spinach, celery, onion, bacon and half the dressing. Remaining dressing can be saved for another salad.

Recipe

ROTINI HERB CHEESE

10 oz. uncooked
1/2 cup sliced green onions
1 clove garlic, minced
3 tbsp. butter or margarine
1/2 cup oil-free Italian salad dressing
1/2 cup reduced-calorie mayonnaise
2 tbsp. prepared horseradish
1/2 tsp. freshly ground pepper
4 (3 oz. each) boneless, skinless chicken breast halves, cooked without salt or fat

Cook fettuccine according to package directions, omitting salt and oil. Drain and rinse under cold water. Drain again.

Cut broccoli, carrot and celery in small amount of boiling water 6 minutes or until tender-crisp. Drain. Immediately plunge into ice water and drain again.

Combine cooked fettuccine and broccoli mixture in large bowl.

Combine Italian dressing, mayonnaise, horseradish and pepper. Stir with pasta mixture. Gently stir in tomato.

Cut chicken in strips 1/2 inch wide. Arrange evenly over salad.

Yields eight (1-cup) servings, 196 calories, 5 g fat, 22 g carbohydrate, 18 g protein, 39 mg cholesterol, 238 mg sodium and 3 g fiber each.

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W

Today's Food

Recipes

ROTINI WITH HERBED CHEESE SAUCE

10 oz. uncooked rotini,
1/2 cup sliced green onion
1 clove garlic, minced
3 tbsp. butter or margarine
2 tbsp. flour

1 tbsp. chopped fresh or 1
tsp. dried basil

1 tbsp. chopped fresh or 1
tsp. dried leaf oregano
3/4 tsp. salt
1/4 tsp. pepper

2 cups milk
1 cup (8 oz.) ricotta cheese
1/2 cup shredded parmesan and romano cheese
1/3 cup chopped roasted red pepper

6 slices bacon, cooked, drained, crumbled
3 tbsp. chopped fresh parsley

Cook rotini according to package directions. Drain. In medium saucepan, cook

onion and garlic in hot butter, stirring occasionally, about 3 minutes until soft. Remove from heat. Stir in flour, basil, oregano, salt and pepper until smooth.

Gradually stir in milk. Heat to boil over medium heat, stirring frequently. Boil and cook 1 minute. Remove from heat.

Add ricotta, parmesan and romano cheeses. Stir until melted and thoroughly combined. Stir in red pepper, bacon and parsley. Toss immediately with hot rotini. Makes 6 servings.

POLLO AL CHILINDRON

2 tbsp. olive oil
3 to 3 1/2 lb. skinless chicken pieces
1 medium onion, chopped
1 medium green bell pepper, cut in strips
1 medium red bell pepper, cut in strips

1 medium clove garlic, minced
1 1/2 cups chunky spaghetti sauce, any variety
1/2 tsp. leaf basil, crushed
1/2 cup pitted green olives
1/2 cup pitted ripe olives

Hot cooked rice

Preheat oven to 400°.

In 10-inch skillet over medium-high heat, cook chicken in hot oil 10 minutes or until browned on all sides. Place in 3-quart casserole. Discard all fat from skillet. Sprinkle dripping from skillet in remaining dripping. Cook onion, green and red pepper and garlic about 5 minutes. Add spaghetti sauce and basil. Heat through.

Pour sauce mixture evenly over chicken. Bake, covered, in preheated oven 30 minutes, basting every 10 minutes. Add green and ripe olives.

Serve sauce and chicken with hot cooked rice. Makes 6 servings.

Wise Ways

By CAROL SCHLITT

Flavored oil can be made to use one day at a time

Flavored oils have been used for centuries in Italy and France, but only within the last several years have migrated into American kitchens. For the last seven years, flavored oils have been available in gourmet and specialty stores at premium price and on upscale restaurant tables.

Because of their popularity, many calls have come into my office to learn how to make them at home for gift-giving.

Unfortunately, I cannot recommend making and storing flavored oils at room temperature due to the risk of the deadly botulinum toxin that can develop in oils containing garlic, peppers or fresh herbs.

Clostridium botulinum bacteria, widespread in the environment, can be found on various kinds of produce, including peppers and garlic. This bacterium spores thrive in a warm, no-air, low-acid environment.

Homemade flavored oils with submerged vegetables or herbs provide these exact conditions.

The U.S. Food and Drug Administration and Department of Agriculture recommend consumers not pre-

pare any homemade vegetable or spice in oil, margarine or butter for extended storage. Protective additives used in commercially prepared flavored oils are not available for homemade products.

Having said all this, you probably think you never should make flavored oils. Actually, they can be made fresh in small amounts, refrigerated and used the same day to be safe.

The oil of choice for flavoring is olive oil. Surprisingly, the lower-cost "pure" olive oil with its milder flavor is a better choice than more expensive extra-virgin oil, where the strong flavor may mask flavors being added.

Flavored oils can be used in virtually any recipe calling for oil. However, high heat destroys the flavor, so I find they work best in non-cooked uses such as salad dressings and marinades. They provide a savory base for sauces, too.

For example, a small amount of roasted garlic oil can be used on sauteed vegetables, added to mashed potatoes and tossed with bread cubes to make croutons. The bonus is the

baked garlic is also makes delicious melted garlic paste for spreading on crusty slices of bread.

Certified family and consumer scientist Carol Schlitt is nutrition and wellness educator with the University of Illinois Cooperative Extension Service at the Edwardsville Extension Center.

ROASTED GARLIC OIL

6 large heads garlic
1 cup pure olive oil

Preheat oven to 375°. Cut one-third off top of each garlic head. Place in baking pan just large enough to hold garlic. Pour olive oil over garlic. Cover with aluminum foil. Bake in preheated oven 45 minutes. Uncover. Bake about 10 minutes until browned.

Carefully pour off oil. Use to flavor mashed potatoes, vegetables and croutons. Squeeze garlic from skin and spread the paste on bread.

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Todays' Food

Good Health

By MELANIE POLK

Sandwiches a healthy item at lunchtime

Sandwiches have the potential to serve up sound nutrition. They hold complex carbohydrates and fiber in bread, protein and other nutrients in the fillings, and vitamins and minerals and fiber in the flavorful, crunchy vegetable add-ons. White bread sandwiches loaded with high-fat bologna, cheese and mayonnaise are a waste of time and calories.

Here is a plan for building healthy sandwiches that are both hearty and healthy:

* **Bread:** In place of bland white bread, use whole wheat, rye, pumpernickel or multi-grain varieties. These provide fiber flavor and 1 to 2 grams fiber per slice, compared to about one-half gram in white bread. Whole wheat pita pockets provide fiber and a pouch for holding wholesome vegetable additions. Not all breads that are marketed with healthy sounding names are high in fiber. Check the label for whole-grain ingredients.

* **Condiments:** Mayonnaise is not sandwich glue. A single tablespoon of mayonnaise contains 15 grams fat, almost twice the rest of a lean turkey breast sandwich. Opt for a fat-free or reduced-fat version instead, or use naturally low-fat mustard, ketchup, salsa or horseradish as a zing.

* **Filling:** Choose lean, all-meat, chicken or turkey white meat instead of fatty, processed lunch meat. For a change of pace, replace plain poultry with highly-flavored peppered or herb-roasted turkey breast. When choosing cold cuts,

look for brands labeled "low-fat," since these have no more than three grams fat per two-ounce serving. Stick to a single portion in a sandwich. Even lean roast beef is only 15 percent of its calories coming from fat, compared to the 45 percent found in some hams.

* **Vegetables:** Add crunch, taste and nutrition to sandwiches with greens and other colorful veggies. Replace iceberg lettuce with red-leaf lettuce. More intense flavor and beta-carotene comes with shredded cabbage, watercress, arugula, escarole, radicchio, spinach or Swiss chard. Grilled or stir-fried vegetables add exotic flavor. So add a sliced or can-sized soy-marinated zucchini, mushroom or eggplant slices in a whole wheat pita.

For a free brochure with ideas for healthy meals to keep on hand, write to: American Institute for Cancer Research, Department HA, Washington, D.C. 20069.

Registered dietitian Melanie Polk is director of nutrition education for the AICR in Washington.

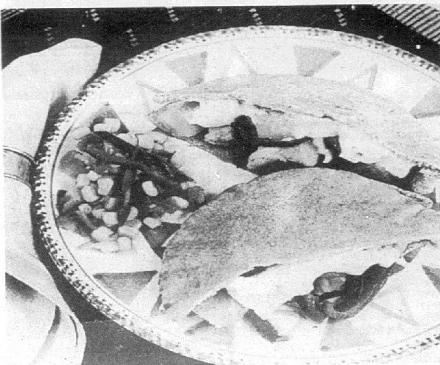
SOUTHWESTERN TURKEY POCKET FAJITAS

- 1 cup nonfat or low-fat plain yogurt
- 1 tsp. grated lime peel
- 1 can (20 oz.) pineapple bits or chunks
- 12 oz. turkey tenderloins

HAWAIIAN FREEZE

Freeze pineapple juice in ice cube trays. In blender or food processor, blend cubes until slushy. Pour into glasses, add straws and sip.

To create a sorbet, turn slush into shallow pan and refreeze until almost solid, then spoon out to serve.



Turkey fills need for protein on sandwich with short-term and extended staying power.

Cut in 1 inch cubes
1 tbsp. lime juice
1/2 cup thinly sliced onion
1 green onion, cut in 1 inch
medium green or red bell pepper, cut in 1 inch strips
4 (6 inch) whole wheat pita bread, cut in half to form pockets

Stir yogurt and lime peel together in small bowl.

Drain pineapple, reserving 2 tablespoons juice. In large nonstick skillet over

medium-high heat, cook reserved pineapple juice, turkey, lime juice and onion 1 minute or until turkey is lightly browned.

Add cumin, pepper strips and pineapple. Cook 2 to 3 minutes longer, stirring occasionally until vegetables are tender-crisp and turkey is no longer pink.

Spoon fajita mixture into pita pockets. Drizzle with cooking sauce.

Makes 4 servings, 395 calories and 5 g fat each.

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Today's Food

Recipes

PEAS AND CARROTS MEDLEY

11 oz. fresh peas
1 pkg. (10 oz.) pearl onions
8 oz. baby carrots, or 1 cup sliced carrot
1 tbsp. butter or margarine
1 tbsp. chopped dried basil
2 tsp. chopped fresh thyme or dill or 1/2 tsp. crushed thyme or dill weed
Salt and pepper, if desired

Cook peas until barely

done. Add carrots to peas last 8 minutes of cooking. Drain.

Boil onions in their skins 3 to 5 minutes until nearly tender. Drain. Rinse well in cold water; remove skins from stem end and slip off skins. Halve any large ones.

Melt butter. Stir in basil and thyme. In serving bowl, pour mixture over vegetables. Sprinkle with salt and pepper. Toss well. Serve immediately.

Makes 6 servings; 83 calories, 2 g fat, 3 g protein, 13 g carbohydrate, 74 mg sodium and 4.4 g dietary fiber each.

JICAMA, ORANGE AND ONION SALAD

2 cups torn lettuce leaves
2 navel oranges, peeled, thinly sliced, quartered
4 thin slices red onion
1 cup peeled, julienne-sliced jicama
1/2 cup orange juice
1/2 tsp. light olive oil or vegetable oil
1 tbsp. finely chopped fresh cilantro
1/8 to 1/4 tsp. chili powder

In large salad bowl, place torn lettuce. Toss orange onion and jicama into lettuce.

For dressing, shake together orange juice, oil, cilantro and chili powder. Toss with salad.

Makes 4 side-dish servings; 66 calories, 4 g fat, 2 g carbohydrates, 14 g carbohydrate, 6 mg sodium and 2.6 g dietary fiber each.

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Today's Food

Recipe

BAKED HAM WITH FRUIT

1 ready-to-eat ham
1 cup packed dark brown sugar
1 can (20 oz.) pineapple chunks in juice
1/4 cup rum or desired
1 jar (12 oz.) orange marmalade
1 tsp. ginger
1/4 tsp. cloves

Preheat oven to 325°. In saucepan, warm pineapple chunks and juice, rum, marmalade, sugar, ginger and cloves.

Pour half the mixture over ham in baking pan. Cover pan with aluminum foil.

Bake in preheated oven, ham with remaining mixture, about 20 minutes per pound, until hot. Baste. Makes 6 to 8 servings.

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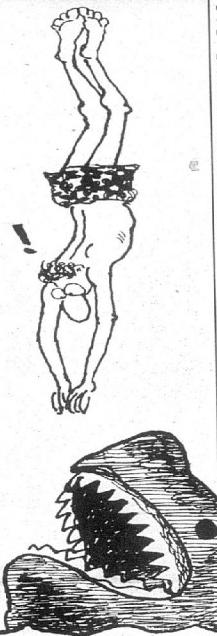
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Today's Food

Appetizers remain top party snack

Appetizers are basic to party food. Dishes should be as attractive to the eye as to the palate. Be sure to give guests a first impression of fun to come. From nachos to pate, this part of the food needs to be not only delicious, but also easy to make. The best ones can be prepared several hours or even weeks in advance.

Mushroom-Leek Pinwheels

Can be made completely in advance and frozen up to two weeks before baking.

First, saute mushrooms, leeks and garlic in butter until sautéed in chicken stock. Combine this mixture with cream cheese and spread over sheets of puff pastry from the freezer department in the supermarket. Roll the dough and roll into logs, then slice into 1/2-inch pieces.

Savory Garlic and Blue Cheese Bread is an extra-delicious twist on garlic bread. Brush halves of Italian bread with garlic butter, then add an array of cheese: thinly sliced sweet red onion, olives and

a sprinkling of rosemary. This savory appetizer can be assembled a day ahead and baked just before serving.

MUSHROOM-LEEK PINWHEELS

1/4 cup (1/2 stick) unsalted butter
1 1/2 lb. fresh mushrooms, finely chopped
1/2 cup chopped leek, finely chopped
garlic
3/4 cup chicken broth
12 oz. cream cheese, cut in pieces
1/2 cup chopped fresh parsley
1/2 tsp. salt
1/4 tsp. freshly ground pepper
1 pkg. (17 1/4 oz.) frozen puff pastry (containing 2 sheets pastry), defrosted
6 strips bacon, crispy cooked, crumbled

In large skillet over medium-high heat, melt butter. Sauté mushrooms 3

to 4 minutes, stirring frequently.

Add leek and garlic. Continue sauteing 2 to 3 minutes.

Add broth. Cook over high heat 5 to 6 minutes longer until all liquid has evaporated. Reduce heat to low. Stir in cream cheese. Cook, stirring constantly until cheese melts. Add parsley, salt and pepper.

Transfer cheese to bowl. Refrigerate, covered, until well chilled.

To prepare pinwheels, roll out puff pastry one sheet at a time, on lightly floured work surface to 12-by-14-inch rectangle. Spread each sheet with half the filling, spreading to edges of three sides and leaving 1/2-inch border of pastry on one long side. Sprinkle bacon on top.

Starting with long side without border, roll pastry into tight coil. Moisten border lightly with water. Press to seal. Freeze 45 minutes to 1 hour until firm.

Preheat oven to 425°. Remove rolls from freezer. Using sharp knife, slice

1/4-inch thick. Arrange on un buttered baking sheets. Bake in preheated oven 12 to 14 minutes until golden brown.

Serve warm.

Yields about 80.

Note: Logs can be frozen, tightly wrapped, up to 2 weeks. Let stand at room temperature about 30 minutes for easier slicing.

SAVORY GARLIC AND BLUE CHEESE BREAD

1/2 cup (1 stick) butter
4 cloves garlic, finely chopped
1 loaf (1 lb.) Italian bread, about 12 inches long
8 oz. blue cheese, crumbled
1 small red onion, halved lengthwise, cut in thin slices
Coarsely ground pepper, if desired
12 kalamata olives, pitted,

1/2 to 1 tsp. finely chopped fresh or 1/4 to 1/2 tsp. dried rosemary, crushed

Preheat oven to 400°. In small saucepan over low heat, melt butter. Stir in garlic.

Cut bread lengthwise in half. Cut rounded top crust from top half and discard.

Place bread halves cut-side up on baking sheet lined with aluminum foil. Brush each cut side with garlic-butter mixture. Sprinkle with blue cheese. Top with onion. Season with pepper. Sprinkle with olives and rosemary.

If desired, bread can be prepared to this point, refrigerated and tightly covered up to 24 hours.

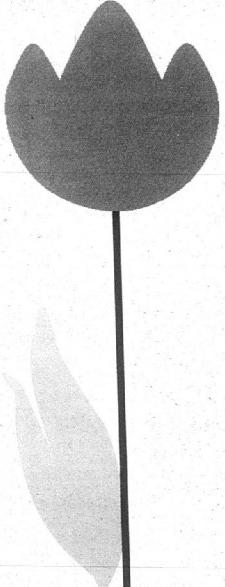
Bake on center rack of preheated oven 10 to 12 minutes until cheese melts and bread is hot. If baking after refrigerating, bake 12 to 14 minutes. Remove from oven. Cool 2 minutes.

Slice 1 1/2 to 2 inches thick. Serve warm.

Yields 12 to 16 slices.

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Today's Food

Recipes

SOUTHWEST FETTUCCINE

2 tbsp. olive oil
2 red bell peppers, cut in thin strips
2 green bell peppers, cut in thin strips
2 medium yellow squash, thinly sliced
6 green onions, chopped
2 cups sliced fresh mushrooms
1 pkg. (16 oz.) uncooked fettuccine
1 pkg. (1 oz.) chili seasoning mix
Cilantro Pesto

Heat oil in 5-quart Dutch oven. Add bell pepper, squash, onion and mushrooms. Cook and stir 4 to 5 minutes until vegetables are tender crisp. Keep warm.

Cook fettuccine according to package directions. Drain. Toss with chili seasoning. Pour Cilantro Pesto over pasta. Toss to coat. Add vegetables. Stir gently.

Serve warm.

Cilantro Pesto: In food processor, finely mince together 2 cups fresh cilantro leaves, 3 large cloves garlic, $\frac{1}{2}$ cup chopped walnuts, 1 teaspoon salt and $\frac{1}{2}$ cup grated parmesan cheese. With food processor running, pour $\frac{1}{4}$ cup olive oil through chute in steady stream, processing until mixture is smooth.

MEXICAN CORN SOUP

3 tbsp. butter or margarine
 $\frac{1}{2}$ cup chopped green bell pepper
 $\frac{1}{4}$ cup sliced green onion
1 clove garlic, minced
5 tbsp. flour
 $\frac{1}{4}$ tsp. oregano
2 to 3 drops pepper sauce
3 cups chicken broth
 $\frac{1}{2}$ cups mild or medium salsa
1 bay leaf
2 cups (8 oz.) shredded Monterey Jack cheese
1 can (12 oz.) kernel corn, drained
Tortilla chips
Fresh cilantro

Melt butter in 3-quart saucepan. Sauté green pepper, onion and garlic about 5 minutes until tender.

Stir in flour, oregano, pepper and pepper sauce. Gradually stir in broth and salsa. Add bay leaf. Bring to boil, stirring constantly. Boil and stir 1 minute. Add $\frac{1}{2}$ cups cheese and corn, stirring until cheese is melted. Remove bay leaf.

Garnish each serving with chips, remaining cheese and cilantro.

Makes seven (1-cup) servings; 340 calories; 19 g protein, 20 g fat and 23 g carbohydrate each.

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Honor your parents or friends or rekindle your own memories by placing a special tribute in this section. The deadline is Monday, May 19, and the price is the year the couple was wed. For example: If you were married in 1933, the cost of the ad would be \$19.33. To submit your tribute, complete the form below, include photograph and payment and mail to Suburban Journal, 1714 Deer Tracks Trail, St. Louis, MO 63131. Please put your name and address in the back of the photo so that we may return them. If you have any questions, please call us at (314) 966-FAST(3278).

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Today's Food**Micro Raves**

By BETTY SERATI

Snacks span fun choices for month of parties

Betty Serati specializes in microwave cooking.

May brings the usual sea-

son of parties, like Mother's Day, graduations and showers. Parties, of course,

mean snacks. Snacks, unfortunately, often mean work for a host or hostess. However, this doesn't have to be.

A snack starts as simply as going to the grocery store and buying a bottle of salad dressing and cut-up vegetables from the salad bar section.

Moving up the scale slightly in difficulty, a party-giver can use a little creativity, convenience foods and the cool cooking of a handy microwave oven to have a dynamic selection of snack foods.

For example, take any variety of snack cracker mix, wash it down — and top it with deli or canned ham salad, then sprinkle with grated Swiss cheese. On a microwave-safe plate, cook topped crackers at medium (50 percent) power about 2 minutes until the cheese melts. The result is a popu-

lar treat — instant ham and cheese on rye.

Anything with Mexican flavor gets the tip of the nacho sofa.

To make an incredibly simple dip, spread bean dip with meat directly on a microwave-safe plate. Sprinkle with chopped green onion, if desired. Liberally sprinkle with shredded cheddar cheese. Cook on high power about 3 minutes until cheese melts. Top with prepared guacamole and sour cream. Serve with tortilla chips.

Of course, nuts and raisins are popular snack items. The following treat combines several favorite munchies and uses the microwave oven to toast the nuts.

This snack will disappear in a flash, whether placed in a large common bowl or in several small containers around the party area. For fun at moving parties outdoors, give each guest a self-closing bag of treats to munch on the move.

SNACK 2 GO

1 tbsp. butter or margarine
1 pkg. (4 oz.) slivered almonds
1 cup cashew halves
1 cup peanut halves
1 pkg. (4 oz.) roasted sunflower seeds
2 cups raisins
1 bag (8 oz.) candy-coated chocolate pieces

In 1-quart shallow casserole dish, microwave butter on high power about 90 seconds until melted. Stir in almonds, cashews and peanuts. Microwave on high power 1½ to 2 minutes, stirring occasionally, until toasted.

In large bowl, combine sunflower seeds, raisins and candy. Stir in nuts. Mix well.

Makes about 10 servings.

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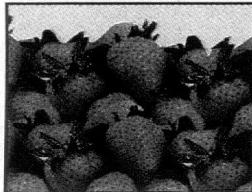
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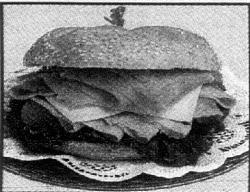
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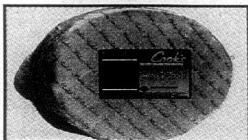
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